



# Sacred Heart Parish

13 Park Road, Cabramatta

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Facebook: <https://www.facebook.com/cabraparish/>

## First Sunday of Lent – 18th February 2024

### Parish Priest:

Fr Remy Son-Lam Bui

### Assistant Priest:

Fr John Pham

### Parish office hours:

Tuesday-Friday

9.00am to 4.30pm

### Parish Secretary:

Quyen Le Phan

### Accountant:

Mary Pankiw (Fridays)

### Weekday Mass Times:

#### English:

7.00am

Mon, Tues, Thurs, Fri

6.30pm Wed

9.00am Sat

#### Vietnamese:

6.30pm Tues & Thurs

7.00am Wed

### Weekend Masses

#### English:

Saturday Vigil: 6.00pm

Sunday: 8.30am; 10.00am;  
6.00pm

#### Polish: Sun 11.30am

#### Vietnamese:

Saturday Vigil:

7.30pm: (Chaplain)

Sunday:

7.00am; 7.30 pm

4.00pm (Chaplain)

### Exposition:

Saturdays: 8.00am

### Reconciliation:

Wed: 6.00pm

Sat: 8.10am - 8.50am

5.30pm - 5.50pm

### Convent/Pastoral Care

Sisters of Our Lady  
of the Southern Cross  
Phone: 9723-3704

### S.V.D.P.

Phone: 9823-1222

### Sacred Heart Catholic Primary School

Principal: David Parawa  
Phone: 9724 1560

### Baptism/Wedding

Please contact parish office

## “Repent and believe the Gospel”

Georgina Long and Richard Scolyer have won the 2024 Australians of the Year Award for their “breakthrough world-first melanoma cure”! The two leading scientists of the Melanoma Institute Australia has developed an immunotherapy approach that helps treating melanoma. That is no doubt a good news to many skin cancer patients! (cf. [www.sbs.com.au](http://www.sbs.com.au)).

Lent, beginning with last Wednesday (Ash Wednesday) is a “favourable time” (2 Cor 6:2) to seek for a kind of “immunotherapy” for our spiritual well-being. It calls us in the light of the Gospel to scan the “abnormal cells” or “dangerous tissues” that have damaged our relationship with God and with one another. It challenges us in the power of the Holy Spirit to repent and to start afresh the covenant – the personal bond of love and life – God has designed since the days of Noah (First Reading, Gen 9:8-15) and established with us in the water of Baptism (cf. Second Reading, 1 Pet 3:18-22). In general, Lent is the season that heightens our awareness of the human situation of sin and death in us and in the world around. And above all, it points to the action God takes in the death and resurrection of his Son, Jesus Christ, to resolve this situation.

The Gospel of this first week of Lent (Mk 1:12-15) drives home to us the message and the urgency of that Lenten journey: “The time has come, and the kingdom of God is close at hand. Repent and believe the Good News.” It also presents an inspiring example of Jesus himself. He was led by the Holy Spirit into the Judean wilderness and the 40-day fasting. By the light and power of that Spirit of God, he could emerge from the wilderness of temptation with his sharpened focus on God and God’s way rather than the way of Satan, God’s Adversary. He could then go forward with a renewed strength to be the bearer of the kingdom to come.

What have I learned from Jesus’ “wilderness experience”? What should I do to better respond to his call: “Repent and believe the Good News”?

Following Jesus in and through the “wilderness”, may we grow more healthily and fruitfully through the typical Lenten observances: Prayer, Fasting & Almsgiving. In that spirit, we prayerfully commission our 17 adult catechumens from this parish and many others in the Archdiocese to the Rite of Election, celebrated by the Archbishop at St Mary’s Cathedral this Sunday. This marks the beginning of their intense journey of repentance, conversion and preparation towards their Easter sacraments (Baptism, Confirmation and Eucharist). We also keep in our prayers those children (& their families) who are to commit themselves this weekend to be prepared for God’s forgiving and renewing grace in the Sacrament of First Reconciliation during this Lenten season.

*“Lord, give us the light to see ourselves as you yourself see us.  
Above all, however, give us the courage to change ourselves  
as you yourself would want us to change.” (M. Link)*

Peace & Blessings,  
**Fr. Remy Son Lam Bui**

## Pope Francis Intention for February

### For the terminally ill



We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

### Commitment Mass for Sacrament of First Reconciliation 2024

Please keep our children, their parents & catechists in your prayers for this weekend and the weeks ahead. Our children are making their commitment before heading for 4 week lessons for **Reconciliation Night Monday 18th March 2024**.

### Rite of Election - 18 February 2024

Congratulations to our 17 catechumens, and 1 candidate who will be - together with hundred other catechumens of The Archdiocese attending the Rite of Election, held on the first Sunday of Lent at St Mary's Cathedral (2pm), 18th of February, 2024

English speaking Group: **Melissa SAT; Van Thu NGUYEN; Monica LAY; Ka Man LE; Hoang Kim Dung (Ruby) NGUYEN; Susan NEAV; Kevin PAN; Victor (Gia Cuong) PHAM; Andrew DUONG; Roy TAN; Cindy LUU.**

Candidate: **Howard NGUYEN**

Vietnamese speaking Group: **LÊ, Thị Oanh Kiều; VÕ, Thị Cẩm Tú; NGUYỄN, Thị Thanh Tâm; PHẠM, Thị Thùy; NGUYỄN, Xuân Sơn; NGUYỄN, Thanh Quân; TRẦN, Đạt Khương**

By this rite, the catechumens are "elected", or "chosen" to move on to the next stage, the period of Purification and Enlightenment which usually coincides with Lent. (cf. "A Commentary on the RCIA", p. 42)

Please keep them and their catechists in your prayers throughout the Lenten Season

## Lenten Observances

### Conversion in relation to God

#### Prayer

For example, attending weekday Mass; family prayer; pray for others; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the rosary.

### Conversion in relation to oneself

#### Fasting

For example, not eating meat, sweets or dessert; giving up social media or limiting time spent on smart phones or technology.

### Conversion in relation to others

#### Almsgiving

For example, giving to or helping someone in need – the poor, sick, elderly or someone who is struggling. (GO MAKE DISCIPLES - LENTEN COMPANION 2023)

### Lenten Prayer Group (MacKillop Room)

Lent has begun on Ash Wednesday, 14 February. There will be two Lenten Groups one in the evening and one in the morning during Lent.

Fr John leads the group after 6.30 pm Mass on Wednesday. It will start on Wednesday 21st February. Mary Puskas leads the group on Thursday at 10.00am. The prayer booklets will be provided by the parish.

There are also two similar groups held in Vietnamese on Tuesdays after 6.30pm Mass and Wednesday after 7am Mass.

### Station of the Cross during Lent

Please join us every Friday evening from 6.30pm (except 1<sup>st</sup> Friday of each month). Likewise, the session in Vietnamese will follow from 7.30pm.

### Bring home children bulletin

There are two versions of children bulletin: one for 5-7 years old & 7-10 years old at the church doors. Please help your children learn and understand the Gospel of each week and your faith in God.



## First Sunday of Lent 17 & 18 February

Please donate to Project Compassion.

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting [caritas.org.au/project-compassion](http://caritas.org.au/project-compassion) or by calling 1800 024 413.

### Church Pews Restoration Project

A good number of newly restored pews have been returned to the church—Through your generosity we have raised \$ **44,449.05** towards the total cost of over \$150,000. The Appeal is still going for those who are able to help. Contact the Parish Office for on-line transactions or a tax deduction. Many thanks & blessings.

### Seeking Vinnies Members

The St. Vincent de Paul Society is looking for people in this Parish and local community who are interested in joining the Society. To find out more, call Peter Brown on 0 4 1 2 1 3 1 3 5 5 or email [peter.brown@vinnies.org.au](mailto:peter.brown@vinnies.org.au)

### Mass Intentions

**Recently Deceased:** Giuse Dang Van Cu (2)

**R.I.P. & Anniversaries:** Fr Patrick MacAuliffe, Ronald Robison, Ivan Puskas, Maria (33), Joseph (25), Maria Madalena, Paul, Anthony, Peter (6), Teresa (1), John (2), Anna (10), Cecilia, Francis, Dominic (3), Catarina, Bernard, Augustine, Vincent, Luke Chau, Paul Cao Van Tri, Maria Le Thi Oai, Lucia Cao Thi Anh Tuyet, Peter Nguyen, Maria Nguyen, Dominic Pham, Vincenzo Emimma Mammone, Caterina Antonina Rullo, Anna Tran Thi Xuyen, Caterina Nguyen, Matthew Nguyen Hue, John Tran Nguyen Thanh Huy, Francis Borgia, Maria Teresa Vu Thi Thang, Lucia Tran Thi Khiem, Joseph Tran Dinh Danh, souls of ancestors, grandparents & family members (43), for all souls (15), Palmira Casabutar De Jesus, Mateus, Manuel And Daumali, Antonio & Maria, Allomacuk, Joao & Daunahak, Filipe Tilman, Antonio Pereira,

Domingas Pereira, Domingos Da Conceicao, Francisca Parada Ferreira, Jpap Ferreira, Fr Jose Alvaro Monteiro, Colibere, Maria Catharina Tran Thi Be, Daminh (5), Matta, Giuse Tran Ngoc Ngoan, Theresa, Maria Theresa, Gioakim (2) Gioanbaotixita, Phanxicoxavie, Vincente, Anton tran Cong Minh, Maria Le Thi Loi, Lu Thi Khiem, Lucia, Vincente, Anton, Madalena, Orphan Souls (3), Maria Gabrielle, Daminh, Matta-Maria, Toma, Isave, Lucia, Teresa (2), Toma, Giuse Dinh Viet Toi, Maria My, Phero An, Giuse Lawrence Nguyen, Catarina, Matta, unborn babies, Dominic, Simon,

**Other Intentions:** For the sick, for the conversion of hearts, thanksgiving to God, Mary & Joseph (25), peace and wellbeing for family (28), peace in the world (4), for health recovery (1), (13), for good and peaceful new year (6), for stable works (14), safe travel (2), personal intention (13)

### FIRST SUNDAY OF LENT YEAR B

**First Reading: Genesis 9:8-15**

*A reading from the book of Genesis*

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

**Responsorial Psalm: Ps 24:4-9.**

(R.) Your ways, O Lord, are love and truth

**Second Reading: 1 Peter 3:18-22**

*A reading from the first letter of St Peter*

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

### **Gospel Acclamation: Matthew 4:4**

Praise to you, Lord Jesus Christ, king of endless glory! No one lives on bread alone, but on every word that comes from the mouth of God.

Praise to you, Lord Jesus Christ, king of endless glory!

### **Gospel: Mark 1:12-15**

#### ***A reading from the holy Gospel according to Mark***

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

### **Chúa Nhật Tuần I Mùa Chay Năm B**

#### **Bài đọc 1: St 9, 8-15**

#### ***Trích sách Sáng Thế.***

Đây Thiên Chúa phán cùng ông Nôe và con cái ông rằng: “Đây Ta ký kết giao ước của Ta với các ngươi và con cháu các ngươi, với tất cả sinh vật đang sống với các ngươi, như chim chóc, gia súc, tất cả những thú vật đang sống trên mặt đất với các ngươi, những gì ra khỏi tàu và toàn thể thú vật trên mặt đất. Ta ký kết giao ước của Ta với các ngươi: nước lụt không còn tiêu diệt mọi loài nữa, cũng không khi nào còn lụt tàn phá trái đất nữa”. Và Thiên Chúa phán: “Đây là dấu chỉ giao ước ký kết giữa Ta với các ngươi, và tất cả sinh vật đang ở với các ngươi và sau này mãi mãi. Ta sẽ đặt trên trời một cái móng, và nó sẽ là dấu chỉ giao ước giữa Ta với trái đất. Khi Ta quy tụ mây lại trên trời, móng sẽ xuất hiện trên mây, và Ta sẽ nhớ lại giao ước đã ký kết giữa Ta với các ngươi và mọi sinh vật, và không khi nào nước lụt tiêu diệt mọi loài như thế nữa!”

### **Đáp ca: Tv 24, 4bc-5ab. 6-7bc. 8-9**

Đáp: Tất cả đường nẻo Chúa là ân sủng và trung thành dành cho những ai giữ mình ước và điều răn Chúa (x. c. 10).

### **Bài đọc 2: 1 Pr 3, 18-22**

#### ***Trích thư thứ nhất của Thánh Phêrô Tông đồ.***

Anh em thân mến, Chúa Kitô đã chết một lần cho tội lỗi chúng ta, Người là Đấng công chính thay cho kẻ bất công, để hiến dâng chúng ta cho Thiên Chúa; thật ra Người đã chết theo thể xác, nhưng đã nhờ Thần Linh mà sống lại. Với Thần Linh, Người đã đến rao giảng cho những tâm hồn bị giam cầm, cho những kẻ xưa kia có lúc không tin, đang khi lòng nhân từ Chúa còn khoan giãn lúc ông Nôe đóng tàu, nhờ đó một số ít người, gồm tất cả tám người, được cứu khỏi nước lụt. Và hiện giờ, phép thánh tẩy cũng cứu thoát anh em cũng giống như thể thức ấy, vì phép ấy không phải chỉ rửa sạch thân xác, mà đó là lời cầu xin Thiên Chúa ban cho một lương tâm ngay thẳng, nhờ sự phục sinh của Chúa Giêsu Kitô, Đấng ngự bên hữu Thiên Chúa, sau khi về trời, đã bắt các thiên thần, các quyền thần và các đạo binh suy phục Người.

### **ALLELUIA: Mt 4,4b**

Người ta sống không nguyên bởi bánh, nhưng bởi mọi lời do miệng Thiên Chúa phán ra.

### **BÀI PHÚC ÂM: Mc 1, 12-15**

#### ***Tin Mừng Chúa Giêsu Kitô theo Thánh Marcô.***

Khi ấy, Thánh Thần thúc đẩy Chúa Giêsu vào hoang địa và Người ở đó suốt bốn mươi đêm ngày, chịu Satan cám dỗ, sống chung với dã thú và các Thiên Thần hầu hạ Người. Sau khi Gioan bị bắt, Chúa Giêsu sang xứ Galilêa, rao giảng Tin Mừng của nước Thiên Chúa, Người nói: “Thời giờ đã mãn, và nước Thiên Chúa đã gần đến; anh em hãy ăn năn sám hối và tin vào Tin Mừng”.

### **A message from the Archdiocese of Sydney**

Child sexual abuse is a crime. The appropriate people to deal with crimes are the police. If you, or anyone you know, have been abused, please contact the police. Alternatively, you can contact the Safeguarding and Ministerial Integrity Office at **(02) 9390 5810** or **safeguardingenquiries@sydneycatholic.org**. You may also want to speak to your Parish Priest who will be able to provide support and guidance. The Archdiocese has a legal obligation to report crimes to the police.