



# Sacred Heart Parish

13 Park Road, Cabramatta

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Website: [www.sacredheartcabramatta.org.au](http://www.sacredheartcabramatta.org.au)

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

## First Sunday of Lent Year C – 09 March 2025

### 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

### Accounts:

Mary Pankiw (Fridays)

### Weekday Mass Times:

#### English:

Mon, Tues, Thurs, Fri:

7.00am

Wed:

6.30pm

Sat:

9.00am

#### Vietnamese:

Tues & Thurs: 6.30pm

Wed: 7.00am

### Weekend Masses

#### English:

Saturday Vigil: 6.00pm

Sunday: 8.30am; 10.00am;  
6.00pm

**Polish:** Sun: 11.30am

#### Vietnamese:

Saturday Vigil:

(Chaplain): 7.30pm

Sunday:

7.00am; 7.30pm

(Chaplain): 4.00pm

### 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

### Sick Call Contact Number

0451 945 756

### S.V.D.P.

Phone: 9823 1222

### SHC Primary School

Principal: Julie Straub

Phone: 9724 1560

### Baptism & Wedding

By appointment

(6 months in  
advance for weddings)

## What Temptations Do We Struggle With?

Every day, we face choices - some big, some small. *But have you ever paused to reflect on how often you struggle with temptations?*

This First Sunday of Lent's Gospel (Luke 4:1-13) presents Jesus' battle against temptation in the wilderness. For forty days, he fasted and prayed. When he was most vulnerable, the devil came with enticing

offers: *food for his hunger, power over kingdoms, and a dramatic display of divine protection.* Yet, Jesus resisted, relying on God's Word to reject each temptation.

The temptations Jesus faced are the same struggles we encounter today.

- **The first temptation - turning stones into bread** - represents our desire for material comfort and pleasure. In a world that constantly promotes wealth, luxury, and indulgence, we are tempted to put our physical needs above our spiritual needs.
- **The second temptation - seeking power and glory** - reflects our tendency to chase success, recognition, and control at any cost. Many people, including celebrities and politicians, have fallen into this trap, sacrificing integrity for fame and influence.
- **The third temptation - testing God** - reveals our struggle with trust. We sometimes expect God to prove his love by granting our wishes, instead of trusting in his perfect plan.

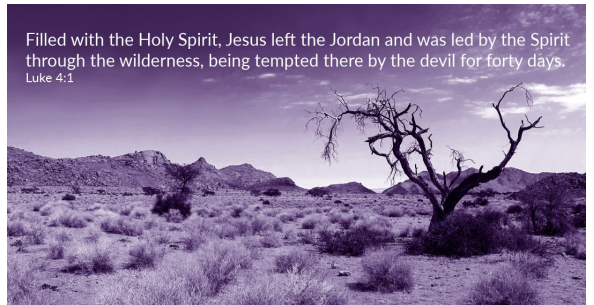
Temptation is something we all experience, no matter who we are. Even great figures in history have struggled with it. Take St. Augustine, for example. In his youth, he pursued pleasure and worldly success, ignoring God's call. But through deep reflection and the prayers of his mother, St. Monica, he found his way back to God. His famous words, "**Our hearts are restless until they rest in You,**" remind us that no earthly pleasure can truly satisfy our souls.

Lent is a time for us to enter our own "*desert*", a time of prayer, fasting, and reflection. Like the Israelites who remembered their past struggles and God's saving power (Deuteronomy 26:4-10), we too are called to look back at our lives. Have we prioritised material wealth over faith? Have we sought power or recognition at the expense of others? Have we doubted God's love and tested Him?

The good news is that God does not abandon us in our struggles. He gives us the strength to resist temptation through prayer, Scripture, and the sacraments. Jesus Himself, though tempted, remained faithful. If we stay close to him, we too can overcome the temptations that surround us.

As we begin this Lenten journey, let us take time for true reflection. Let us acknowledge our weaknesses and seek God's mercy. May this Lent be a journey of renewal, where we, like Jesus, find strength in prayer, fasting, and God's Word.

Fr John Pham



## Pope's March prayer intention

### FOR FAMILIES IN CRISIS



Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences. *Pope Francis*

## Welcome Kinder to Parish Mass

Extending our welcome and appreciation to the new Primary children, parents, and guardians; our principal, teachers and staff, who offer the Thanksgiving Mass together with us this First Sunday of Lent.

May God bless us all and bring us together at the Eucharist banquet more often so that we may see Christ in each other.

## Rite of Election - 09 March 2025

Congratulations to our 16 catechumens-English speaking (6), Vietnamese speaking (7), and youth (3). They will be gathered with 349 converts (280 catechumens; 69 candidates) of The Archdiocese - then, formally called to the Easter sacraments by Archbishop Anthony Fisher, in the Rite of Election, held on this First Sunday of Lent at St Mary's Cathedral at 2.00pm

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 our catechumens, their sponsors, and catechists in your prayers throughout the Lenten Season

## Lenten Penance

Lent lasts from Ash Wednesday (05/03) to the Mass of the Lord's Supper exclusive (18/04). On Good Friday and, if possible, also on Holy Saturday until the Easter Vigil, the Easter fast is observed.

On all other Fridays of the year the law of the common practice of penance is fulfilled by performing any one of the following:

**A. PRAYER** – for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary.

**B. SELF-DENIAL** – for example, not eating meat; not eating sweets or dessert; giving up entertainment

to spend time with the family; limiting food and drink so as to give to the poor of one's own country.

**C. HELPING OTHERS** – for example, special attention to someone who is poor, sick, elderly, lonely or overburdened.

Each of the faithful is obliged to receive Holy Communion at least once a year. This is to be done between Ash Wednesday and Trinity Sunday unless for a good reason it is done at another time during the year. All the faithful are obliged to confess their grave sins at least once a year.

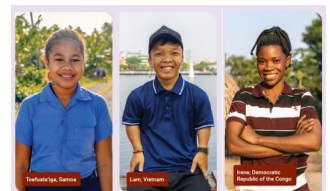


**PROJECT  
COMPASSION**

**First Sunday of Lent**  
8<sup>th</sup> and 9<sup>th</sup> of March 2025

Project Compassion 2025 shares three stories from around the world. We'll meet **Toefuata'iga** - (*Toy-foo-ah-tah-ing-ah*) from Samoa, **Lam** from Vietnam and **Irene** from the Democratic Republic of the Congo (DRC).

Each of this year's stories reflects diverse challenges, yet they are united by the shared determination to overcome adversity and create better futures for themselves and their communities.



**Please donate today.**

You can support Project Compassion 2025 through the donation boxes, envelopes or by scanning the QR code above.

**Or online at:** [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion)

**Or by calling:** 1800 024 413

You can support Project Compassion 2025 through the donation boxes, or envelopes, available at the church doors from this weekends. The prayer cards are available at the shelf next to the stair case in the church.

## Wedding Toll

May God bless your marriage with love, joy and peace everyday of your life. Congratulations to:  
*Jana Nguyen and Howard Nguyen*

## Lenten Companion 2025 Booklet



Booklets are available at the shelf next to the staircase in the church.

Please take home for yourself or family to pray together during Lent. The booklets include prayers, Scripture readings, and a Gospel reflection for each Lenten Sunday. Keep praying and keep loving God and others.

### Welcome to God's Family

This weekend, we welcome and pray for our baby and her family as she receives the sacrament of baptism: **Lucia Pham**



### Station of the Cross during Lent

Please join us next Friday evening from **6.00pm – 7.15pm** for Holy Hour and Station of the Cross. Likewise, the session in Vietnamese will follow from **7.30pm**.

### Mass Intentions

**Recently Deceased:** Josephine Brown, Fr Joseph Dinh Tat Quy (VN), Teresa Nguyen Thi Nhi, Hong Ly Khau, Danien (VN),

**R.I.P. & Anniversaries:** Fr Patrick McAuliffe, Ronald Robinson, Ivan Puskas, Maria (21), Joseph (11), Peter (10), Paul (4), Dominic (2), Thomas (2), Michael (1), Cecilia (1), Martino (1), Francis Borgia (1), Maria Madalena (1), Anna (4), souls of ancestors, grandparents & family members (5), for all souls (20), for unborn babies (2), Lucia (2), Vincent (2), Anton (2), Giacobe (2), Matta, Julio, Theresa, Micae, Anna, Tomaso, Gioankim, Joseph Bui, Benedita Pereira, Fransisco Pinheiro, Ivan Puskas, Dominico Ben, Vincent Van Tuy Nguyen, Heronimo Nguyen Van Hien, Joseph Nguyen Vinh Hoa, Anna Tran Thi Xuyen, Peter Kieu, Peter Le Van Ba, Francis Xavier Maria, Matta, Gioan Bao, Anna Tran Thi Xuyen, Phero Nguyen Van Son, Giuse Ta Hung Dung, Phero Nguyen Van Be,

**Other Intentions:** For the sick (1), for the conversion of hearts (2), thanksgiving to God, Mary & Joseph (11), peace and wellbeing for family & friends (15), for safe travel (2), for healing & recovery (3), for stable work (8), for personal intention (6)

## First Sunday of Lent Year C

### First Reading: Deuteronomy 26:4-10

#### *A reading from the book of Deuteronomy*

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the

Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

"My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me." You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

### Responsorial Psalm: Ps 90:1-2. 10-15. R. v.15

**(R.) Be with me, Lord, when I am in trouble.**

### Second Reading: Romans 10:8-13

#### *A reading from the first letter of St Paul to the Romans*

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

### 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: Luke 4:1-13

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

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'



Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says:

You must worship the Lord your God,  
and serve him alone.'

Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says:

He will put his angels in charge of you  
to guard you,

and again:

They will hold you up on their hands  
in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said:

You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

## Tuần 1 Mùa chay Năm C

### Bài đọc 1: Đnl 26, 4-10

#### Trích sách Đệ Nhị Luật.

Ông Môsê nói cùng dân chúng rằng: "Thầy tư tế nhận của đầu mùa từ tay người và đem đặt trước bàn thờ của Chúa là Thiên Chúa người, và người sẽ nói trước mặt Chúa là Thiên Chúa rằng: "Tổ phụ con là Aramêô du mục đã đi xuống Ai-cập và sống ở đó như ngoại kiều với một ít người; và đã phát triển thành một dân tộc vĩ đại, hùng mạnh và đông đúc. Các người Ai-cập đã ngược đãi, hành hạ và bắt chúng con làm việc nặng nhọc. Chúng con đã kêu cầu Chúa là Thiên Chúa cha ông chúng con, và Chúa đã nghe lời chúng con, đã nhìn thấy cảnh thống khổ, cực nhọc và khốn cùng của chúng con. Chúa đã dùng bàn tay mạnh, cánh tay hùng, dùng những biến cố khủng khiếp và những dấu lạ phi thường mà dẫn chúng con ra khỏi Ai-cập. Chúa đưa chúng con đến đây, ban cho chúng con xứ này, một xứ chảy sữa và mật. Và vì thế, lạy Chúa, giờ đây con dâng tiến Chúa những của đầu mùa, hoa màu ruộng đất mà Chúa đã ban cho con". Người sẽ đem đặt nó trước mặt Chúa là Thiên Chúa người và sắp mình trước tôn nhan Người.

### Đáp Ca: Tv 90, 1-2. 10-11. 12-13. 14-15

**Đáp:** Lạy Chúa, xin hãy ở cùng con trong lúc gian truân (x. c. 15b)

### Bài đọc II: Rm 10, 8-13

#### Trích thư thứ nhất của Thánh Phaolô Tông đồ gửi tín hữu Rôma

Anh em thân mến, Thánh Kinh nói gì? Lời ở kẻ trong miệng và trong lòng người. Đó là lời đức tin mà chúng tôi rao giảng. Vì nếu miệng người tuyên xưng Đức Giêsu là Chúa, và lòng người tin rằng Thiên Chúa đã cho Người từ cõi chết sống lại, thì người sẽ được rồi. Quả thế, tin trong lòng thì sẽ được công chính, tuyên xưng ngoài miệng sẽ được cứu rồi. Vì Thánh Kinh đã có nói: "Hễ ai tin vào Người sẽ không phải hổ thẹn". Bởi lẽ không có sự phân biệt người Do-thái và Hy-lạp: Vì là cùng một Chúa của mọi người, Ngài rộng rãi đối với tất cả mọi người khẩn xin cùng Ngài. Vì mọi kẻ cầu khẩn Danh Ngài, đều được cứu độ.

### Câu Xướng Trước Phúc Âm: Mt 4,4b

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

### Phúc Âm: Lc 4, 1-13

#### Tin Mừng Chúa Giêsu Kitô theo Thánh Thánh Luca.

Khi ấy, Chúa Giêsu được đầy Thánh Thần, liền rời vùng sông Giođan và được Thánh Thần đưa vào hoang địa ở đó suốt bốn mươi ngày, và chịu ma quỷ cám dỗ. Trong những ngày ấy, Người không ăn gì và sau thời gian đó, Người đói. Vì thế, ma quỷ đến thưa Người: "Nếu ông là Con Thiên Chúa, thì hãy truyền cho đá này biến thành bánh đi". Chúa Giêsu đáp: "Có lời chép rằng: Người ta không phải chỉ sống bằng cơm bánh, mà còn bằng lời Chúa nữa".

Rồi ma quỷ lại đem Người lên cao hơn cho xem ngay một lúc tất cả các nước thiên hạ và nói với Người rằng: "Tôi sẽ cho ông hết thầy quyền hành và vinh quang của các nước này, vì tất cả đó là của tôi và tôi muốn cho ai tùy ý. Vậy nếu ông sấp mình thờ lạy tôi, thì mọi sự ấy sẽ thuộc về ông!" Nhưng Chúa Giêsu đáp lại: "Có lời chép rằng: Người phải thờ lạy Chúa là Thiên Chúa người và chỉ phụng thờ một mình Người thôi".

Rồi ma quỷ lại đưa Người lên Giêrusalem, để Người trên góc tường cao đền thờ và bảo rằng: "Nếu ông là Con Thiên Chúa, thì hãy gieo mình xuống, vì có lời chép rằng: "Chúa sẽ truyền cho Thiên Thần gìn giữ ông!" Và còn thêm rằng: "Các vị đó sẽ giơ tay nâng đỡ ông khỏi vấp phải đá". Chúa Giêsu đáp lại: "Có lời chép rằng: Người đừng thử thách Chúa là Thiên Chúa người!" Sau khi làm đủ cách cám dỗ, ma quỷ rút lui để chờ dịp khác.