



Sacred Heart Parish

13 Park Road, Cabramatta

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Website: www.sacredheartcabramatta.org.au

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

Eighth Sunday in Ordinary Time Year C – 02 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)

The Language of the Heart

In the late 1800s, a boy was working in a London store. He had to rise at five o'clock each morning, sweep the store, and then work fourteen hours.

He stood it for two years and then told his mother that he would kill himself if he had to continue. Following his talk with his mother, the boy wrote a pathetic letter to a teacher he had in his earlier years. He explained how he was heartbroken and no longer wanted to live.

The teacher praised him as a person and assured him that he was greatly gifted. To make a long story short, that letter of encouragement changed the boy's entire life. He went on to become one of England's most successful writers, authoring nearly eighty books. (And with Jules Verne, he invented the art of Science Fiction.) His name is Herbert George Wells. (1866- 1946). (story source, M. Link)

Words of kindness and encouragement may bring a great healing to one's life beyond expectation as they come from an affirming and loving heart. No wonder then that Jesus in today's Gospel (Lk 6:39-45) says: "A man's words flow out of what fills his heart." Likewise, we read in the First Reading (Sir 27:4-7): "A man's words betray what he feels." Truly, a person's talk shows the kind of person he or she is. And that makes a difference to our world.

Accordingly, Jesus strongly warns us not to be critical of others, while at the same time lacking any sense of self-criticism ourselves: "Why do you notice the splinter in your brother's eye, but do not perceive the plank in your own?...". We know from experience that our negative, judgmental, critical attitude would likely make other people a victim rather than a convert. It is destructive of our own self and even more destructive of others. This does not mean, however, that we are deemed to be silent, ignoring what is wrong and harmful, untrue and unjust. We need to be capable of making our reservations or concerns felt about people and issues. But when we need to do so, St Paul advises us "to speak the truth in love" (Eph 4:15).

That is, we are honest and truthful with other people while also expressing our words with kindness and consideration for their feelings, aiming to build up a relationship rather than tear it down. Criticism must come from the store of goodness in our heart.

As we are about to enter into the season of Lent, May God help us all make a good change of heart as he expects and equip us with the proper language of heart.

Have a blessed Lent ahead.



Fr Remy Son - Lam Bui

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*

Do widzenia - Goodbye, farewell and Blessings to our Polish Community.



Almost from the beginning of Sacred Heart Parish Cabramatta, the Polish community has been there. After the post war migration in the 1950's, many Poles made Cabramatta their home. Being of strong faith, they wanted a Masses in their native tongue so starting with a monthly Sunday

Mass, this moved to weekly, when a permanent Polish Chaplain arrived in 1955.

After more than 70 years, age has taken its toll on the early Polish migrants, with their children assimilating into the Aussie fold or moving out of the area. This has left the numbers small and the combination of a shortage of Chaplains, has resulted in the decision by the Polish Chaplaincy, that the Polish Mass at Cabramatta will cease from 2nd March 2025. Sacred Heart Parish has always had a strong relationship with the Polish Community, who have shown loyalty and support to our parish community. It is with great sadness that we say goodbye to such a long era at Cabramatta; however, we will welcome some who will stay on to worship at the Parish masses.

May God continue to bless you, your families and your Chaplains.

Commitments Masses

Our children in preparation for the First Reconciliation are attending the first lesson and making their commitment at this weekend Masses. Please keep them, their family, teachers, catechists and helpers in your prayers.

Thánh Lễ Tuyên Hứa

Các trẻ em sẽ khởi đầu tiến trình chuẩn bị cho Bí Tích Xung Tội Lần Đầu với bài học 1 và nghi thức tuyên hứa trong các Thánh Lễ cuối tuần này. Xin cộng đoàn cầu nguyện cho các em cùng gia đình, các giảng viên giáo lý, và các trợ tá.

ASH WEDNESDAY MASSES

Lent begins on 05/03/2025. It is "a favourite time" for repentance, conversion, and spiritual renewal in preparation for Easter – The central celebration of God's Salvation for humankind.

Schedule of Masses for Ash Wednesday:

English:	7.00am; 7.00pm
School Mass:	9.20am
Chaplain Vietnamese:	5.00pm
Parish Vietnamese	8.30pm

ASH WEDNESDAY MASS TIME FLYER

They are available at the holders of church doors. Please help yourself.

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**

Sunday - 1st and 2nd of March 2025

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.

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.



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 over three hundred other catechumens and 69 candidates of The Archdiocese - then, formally called to the Easter sacraments by Archbishop Anthony Fisher, in the Rite of Election, held on the First Sunday of Lent this year at St Mary's Cathedral (2pm)

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

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.

Station of the Cross during Lent

Please join us next Friday evening from 6.00pm-6.30pm (1st Friday of each month).

Other Fridays 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: Maria Vu Thi Yen, Peter (VN), Fr Joseph Dinh Tat Quy (VN), Fr. Dinh Tat Quy (2), Giuse Nguyen Quoc Tuan, Phero,

R.I.P. & Anniversaries: Fr Patrick McAuliffe, Ronald Robinson, Ivan Puskas, Maria (14), Joseph (9), Peter (4), Paul (1), John (2), Dominic (1), Thomas (1), Cecilia (1), Martino (1), Catarina (2), Francis Xavier (5), Francis Borgia (1), Maria Madalena (2), Anna (2), souls of ancestors, grandparents & family members (9), for all souls (8), Joseph Bui, Benedita Pereira, Fransisco Pinheiro, unborn babies (2) Micae, Peter Nguyen Ninh, Maria my, Phero An, Giuse Lawrence Nguyen, Anna Tran thi Xuyen, Phaolo Cao Van Tri, Maria Le Thi Oai, Lucia Cao thi Anh Tuyet, Maria Cao Thi Bach Cuc, Peter Truong Minh Tuan, Peter Nguyen Quang, Peter Nguyen Van Tho, Nicolas Huynh Van Trinh, Gabriel Pham Minh Thanh, Francis Xavier Nguyen Van Thao, Fr. Isidoro Bui Van Tang, Gioan Bao, Daminh Nguyen Huu Khue, Phero Nguyen Quang Be, Lucia, Vincente, Anton, Giacobe, Isave, Rosa,

Other Intentions: For the sick (1), for the conversion of hearts (2), thanksgiving to God, Mary & Joseph (4), peace and wellbeing for family & friends (8), for safe travel (1), for healing & recovery (2), for stable work (3), for personal intention (2), peace for family & the world, thanksgiving to Fr. Truong Buu Diep, for Pope Francis good health.

Eighth Sunday in Ordinary Time Year C

First Reading: Ecclesiasticus 27: 5-8

A reading from the book of Ecclesiasticus

In a shaken sieve the rubbish is left behind,
so too the defects of a man appear in his talk.

The kiln tests the work of the potter, the test of a man is in his conversation.

The orchard where the tree grows is judged on the quality of its fruit, similarly a man's words betray what he feels. Do not praise a man before he has spoken, since this is the test of men.

Responsorial Psalm: Ps 91:2-3. 13-16. R. See v.2

(R.) Lord, it is good to give thanks to you.

Second Reading: 1 Corinthians 15:54-58

A reading from the first letter of St Paul to the Corinthians

When this perishable nature has put on imperishability, and when this mortal nature has put on immortality, then the words of scripture will come true: Death is swallowed up in victory. Death, where is your victory? Death, where is your sting? Now the sting of death is sin, and sin gets its power from the Law. So let us thank God for giving us the victory through our Lord Jesus Christ.

Never give in then, my dear brothers, never admit defeat; keep on working at the Lord's work always, knowing that, in the Lord, you cannot be labouring in vain.

Gospel Acclamation: Philippians 2:15-16

Alleluia, alleluia! Shine on the world like bright stars; you are offering it the word of life. Alleluia!

Gospel: Luke 6:39-45

A reading from the holy Gospel according to Luke

Jesus told a parable to his disciples, 'Can one blind man guide another? Surely both will fall into a pit? The disciple is not superior to his teacher; the fully trained disciple will always be like his teacher. Why do you observe the splinter in your brother's eye and never notice the plank in your own? How can you say to your brother, "Brother, let me take out the splinter that is in your eye," when you cannot see the plank in your own? Hypocrite! Take the plank out of your own eye first, and then you will see clearly enough to take out the splinter that is in your brother's eye.

There is no sound tree that produces rotten fruit, nor again a rotten tree that produces sound fruit. For every tree can be told by its own fruit: people do not pick figs from thorns, nor gather grapes from brambles. A good man draws what is good from the store of goodness in his heart; a bad man draws what is bad from the store of badness. For a man's words flow out of what fills his heart.'

Chúa Nhật 8 Thường Niên Năm C

Bài đọc 1: Hc 27, 5-8

Trích sách Huấn Ca.

Khi người ta sàng, những rác rến còn lại thế nào, thì vết xấu của một người cũng xuất hiện trong lời nói kẻ ấy như vậy. Lò lửa thì nung luyện bình sành, còn gian nan thì thử những người công chính. Xem trái liền biết cây thế nào, thì nghe lời nói cũng biết tư tưởng lòng người như thế ấy. Đừng ca tụng người nào trước khi nghe người ấy nói, vì lời nói là sự thử thách của con người.

Đáp Ca: Tv 91, 2-3. 13-14. 15-16

Đáp: Lạy Chúa, thiện hảo thay việc khen ngợi Chúa! (x. c. 2a).

Bài đọc II: 1 Cr 15, 54-58

Trích thư thứ nhất của Thánh Phaolô Tông đồ gửi tín hữu Côrintô.

Anh em thân mến, khi xác hay chết này mặc lấy sự trường sinh, thì lúc ấy ứng nghiệm lời đã ghi chép rằng: "

Sự chết đã tiêu tan trong chiến thắng". "Hỡi tử thần, chiến thắng của ngươi ở đâu? Hỡi tử thần, nọc độc của ngươi ở đâu? Nọc độc của sự chết là tội, thế lực của tội là lề luật". Cảm tạ ơn Thiên Chúa, Đấng đã ban cho chúng ta chiến thắng nhờ Đức Giêsu Kitô, Chúa chúng ta. Cho nên, hỡi anh em thân mến, anh em hãy ăn ở bền đỗ và đừng nao núng; hãy luôn luôn thắng tiến trong công trình của Chúa. Hãy biết rằng công lao khó nhọc của anh em không phải là uổng phí trong Chúa.

Alleluia: Lc 19, 38

Alleluia, alleluia! Chúc tụng Đức Vua, Đấng nhân danh Chúa mà đến! Bình an trên trời và vinh quang trên các tầng trời. Alleluia.

Phúc Âm: Lc 6, 39-45

Tin Mừng Chúa Giêsu Kitô theo Thánh Thánh Luca.

Khi ấy, Chúa Giêsu phán cùng các môn đệ dụ ngôn này: "Người mù có thể dẫn người mù được chăng? Cả hai lại không sa xuống hố ư? Môn đệ không trọng hơn Thầy: nếu môn đệ được giống như Thầy, thì kẻ là hoàn hảo rồi. "Sao ngươi nhìn cái rác trong mắt anh em, còn cái đà trong chính mắt ngươi thì lại không thấy? Sao ngươi có thể nói với người anh em: 'Này anh, hãy để tôi lấy cái rác trong con mắt anh', trong khi chính ngươi không nhìn thấy cái đà trong mắt ngươi? Hỡi kẻ giả hình, hãy lấy cái đà ra khỏi mắt mình trước đã, rồi bấy giờ ngươi sẽ trông rõ để lấy cái rác khỏi mắt anh em ngươi.

"Không có cây nào tốt mà sinh trái xấu; và ngược lại, cũng không có cây nào xấu mà sinh trái tốt. Thật vậy, cứ xem trái thì biết cây. Người ta không hái được trái vả ở bụi gai, và cũng không hái được trái nho nơi cây dâu đất. Người hiền, bởi lòng tích chứa điều lành, nên phát xuất sự thiện; và kẻ dữ, bởi tích đầy lòng ác, nên phát xuất điều ác: vì lòng đầy, thì miệng mới nói ra".

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

93905810 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.