

OUR LADY OF THE SACRED HEART PARISH, WEST BELCONNEN

St John the Apostle Church Kippax St Thomas Aquinas Church Charnwood

To be on Earth the Heart of God

FIFTH SUNDAY IN ORDINARY TIME YEAR A
8 February 2026 **#06.26**



Reflection

Today, when we describe a person as being the 'salt of the earth' it's generally meant in a way that says the person is hard working, straight talking and pretty down to earth. It's usually meant as a compliment but sometimes can come across as a bit condescending when used inappropriately. When Jesus tells the disciples that they are salt of the earth and the light of the world he is really saying 'You are to *be* the salt of the earth; you are to *be* the light of the world.' It is more of a directive than an affirmation of them.

Today's first reading from Isaiah helps to shed light on Jesus' meaning in the gospel passage: 'Share your bread with the hungry, and shelter the homeless poor, clothe the man you see to be naked and turn not from your own kin. Then will your light shine like the dawn.' It sounds a lot like the message from the last judgment in Matthew 25 when the king says 'whatever you did for one of these least brothers of mine, you did for me.' It's a message of justice and right relationship not only with God but with one another also.

To be salt of the earth and light of the world means to be the one who puts their hand up and steps forward to speak for, work for and act for those who are the least in this world. To have the potential and resources to be a force for good in the world and not act on it is to be like salt that's used for salting the streets or a lamp that's under a tub.

Reflection by Greg Sunter

Our Lady of the Sacred Heart Parish West Belconnen

is committed to the care, wellbeing and protection of children, young people and people at risk in our community

Parish Administration

Parish Priest

Fr. Tru Nguyen msc

TruDuc.Nguyen@cg.org.au

Assistant Priest**Parish Officers**

Sharon Greaves

Kirsty Vera

Belconnenwest@cg.org.au

St John the Apostle Primary School

Florey ACT- 62583592

Principal - Jo Reed

www.sjaps.act.edu.au

Parish Office

25 Blackham Street

HOLT ACT

Office Hourse

9:00am - 3:00pm

Monday

Wednesday - Friday

Website

olsh.org.au

St Thomas Aquinas Primay School

Charnwood ACT - 6258 4077

Principal - Matthew Garton

www.staquinas.act.edu.au

Safeguarding Officers

Jenny McGee

Carl Madsen

Marg Hourigan

Pastoral Council Chair

James Nield

Our Lady of the Sacred Heart Parish



On the weekend of
21/22 February,
the Time, Talent and

Treasure forms will be available in the foyer.
Brochures will be available which will
describe ministries.

Planned Giving Forms are in the foyer.

Commitment Weekend 7/8 March

When you will return your completed forms

PARISH SCHOOL OF RELIGION

Enrolling: 8th February

Before and after the 10:00am Mass in the
foyer also available in the parish centre.

Classes will commence on Sunday
15 February at 9:15am

Ash Wednesday

18 February

St Thomas Aquinas Catholic Church

Mass 9:30am

St John the Apostle Catholic Church

Mass 6:00pm

Morning Tea after Mass

Sunday 22 February after 10:00am Mass

OLSHCare

- Are you unable to attend Mass
- Would you like Holy Communion brought to you
- Would you like a visit

Please contact the parish office:

belconnenwest@cg.org.au or 6254 3236

Thank you from Vinnies

On behalf of our companions, thank you for your generosity at Christmas. With the help of 26 wonderful parishioners, hampers were delivered to 80 companions including gifts for 91 children. We estimated the total value of the hampers at almost \$18,000. Thank you parishioners for your donations of food, gifts, money and time. Thanks also to the communities of St John the Apostle Primary School and St Francis Xavier College for donations of food and gifts. Thank you to Belconnen and Ginninderra Rotary Clubs and the Lions Club of Gungahlin for your generous support.

Lenten Retreat:

Meeting Christ in Our Deepest Need

You are invited to a 3-session Lenten retreat, *Meeting Christ in Our Deepest Need: A Lenten Journey*, facilitated by Greg Sunter. Greg is an experienced facilitator with a strong background in small-group ministry. Holding Master's degrees in Theology and Education, he helps people engage deeply with Scripture, grow in prayer, and connect faith with daily life. He is well known for his parish newsletter gospel reflections, which explain Scripture in its historical and cultural context and relate it to contemporary lived experience. More about Greg:

<https://www.wholehearted.com.au/about/>

Greg will reflect on this year's Lenten Gospels and there are time for personal reflection and optional sharing. Everyone is welcome no prior study needed and no pressure to speak.

Time:

- Friday 27th February 6.30 pm - 7.30 pm;
- Saturday 28th February 10 am -11 am;
- Sunday 1st March 4.30 pm - 5.30 pm

Place: 25 Blackham St, HOLT ACT 2615

Cost: \$20 for all 3 sessions

Register: belconnenwest@cg.org.au

Archbishop Prowse along with

MSC Provincial Fr. Stephen Hackett,

will be celebrating Masses for our new parish.

14 February 2026

5:00pm St John the Apostle, Kippax

15 February 2026

9:00am St Thomas Aquinas, Charnwood

PARISH OFFICE HAPPENINGS

Fr. Tru will be attending a MSC Retreat from
Tuesday 10 February returning
Friday 13 February

There will be a Liturgy of the Word with Holy
Communion on Tuesday [both churches],
Wednesday and Thursday [Charnwood]
Sharon will be on leave 19 and 20 February

PARISH LADIES LUNCH

will be held on TUESDAY 17 FEBRUARY
12 noon at Southern Cross Club Jamison.
Text or email Pauline HallyBurton or Gerri
Bleeser by no later than SUNDAY 15 FEB if
you are able to attend.

Pauline HallyBurton - 0429 064 168,
paulinehb@bigpond.com
Gerri Bleeser - 0418407565,
gdbleser@gmail.com

Bookings essential

Community Connections

Connecting with people living alone

Coffee Group – 10 February

2:00pm - Ichi Café

Kippax Shopping Centre

Monthly Gathering

15 February 3:30pm - 5:00pm

St John the Apostle Catholic Church

Parish Library

Pins & Needles

7:15pm – 16 February

St John the Apostle Catholic Church

Parish Library

Women's Breakfast

Tuesday 24 February – 7:30am

Bean Origin Café

Nettlefold Street Belconnen



RESPONSE TO THE PSALM:

A light rises in the darkness for the upright

GOSPEL ACCLAMATION:

Alleluia, alleluia!

I am the light of the world, says the Lord;
the man who follows me
will have the light of life.

Alleluia!

Casual work for young people 18+

INFO SESSION – MFR School Ministry Team

Want meaningful work in schools?

Come see what we do and learn about a
casual work opportunity

5–6pm Monday 9th Feb

Manuka (Haydon Hall) Pizza dinner provided

RSVP to Cathy Madsen 0422 117 210 by

8 Feb

Our Lady of the Sacred Heart Parish

2026 SACRAMENTAL PROGRAM

Registration is now open

via the QKR APP:

Discover: St John the Apostle Catholic Parish
Sacramental Programs

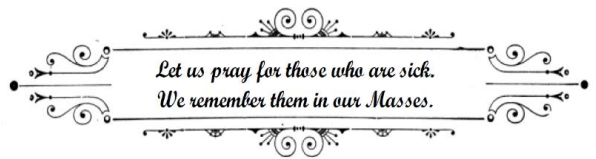
Contact the parish office if you have any
questions: belconnenwest@cg.org.au

Penance Formation Session for parents
17 February 2026



2026 Columban Calendars

SJA Bookshop \$5.00



Recently Deceased:

Anniversary: Julian Oakley, Violet Duve,
Mario Benassi, Suzanne Scardoni, Mark Paten,
Annie McCreath, Clements Cox, Bruce Walker,
Carmelita Godfrey, Stella Bell,
Terence Southwell, Manuel Fontan, Elias Kiki,
Maria Carrusca, Victoria Wilkinson,
Kenneth Vella, Faye Menegazzo,
Margaret Ephgrave, Margaret Davis,
John Maher, Peter Moore, Leendert Burggraaff,
Roberto Millucci, Robert Haverfield,
Robert Galliano, Rene Stubbs, George Griffiths,
Trent Foster, Glenn Foster, Nellie Bannon,
Henry Moulis, Edward Blake-Smith,
Philip Babic, John Thompson, Vincent Mawson,
Raychell Nolan. Charlotte Lansdown,
John Fauth, John Galogly, Carmel Page,
Paulina Jabagat, Colin Waterford, David Lowe,
Ian Bransby, Ondina Finzi, Michael Vella,
Marueen Carey, Giuseppe Mammoliti,
Vincent Higgins, Vincas Puzas, Judith Hickey,
Rodney Chapman, Eamonn Murtagh,
Janette Faigafa, Bernard Marcus, Rudi Meyer,
Maria Bonadej, Joseph Vella, James Wiley,
Vince Howe, Frank Ripszam, Johanna Garratt,
Reg Lazaro, John Marane, Leone Ashcroft,
Ivan Mikulic, Angeles Arranz, Lillian Luke,
Elena Zamora, Adrian Newton, Pat Howe,
Wally Rudyj. Ursula O'Donnell

St John the Apostle Kippax

MASS TIMES

Vigil Saturday	5:00pm
Sunday	8:30am, 10:00am, 6:00pm
Monday and Friday	9:30am
Liturgy of the Word with Communion:	
	Tues 9:30am

Rosary before Mass

Weekdays in both parishes at 9:05am

SACRAMENTAL LIFE

Baptisms	1st & 2nd Sun during Mass
Reconciliation	Sat 4:00pm – 4:30pm
Sacramental Program	Contact Parish Office
School of Religion (Parish Centre)	Sunday 9.15am during school term

PRAYER LIFE

Meditation	Friday 5:15-6.30 pm
Gethsemane	Thursday before First Friday
Eucharistic Adoration	Mass 7:30pm – 8:30pm
Sacred Heart Devotion Mass	First Friday of the Month 9:30am

ROSTERS

15 Feb Acolyte Roster

5:00pm	Helen Kennedy, John Drury
8:30am	Maria Scarr, Bede Foundling
10:00am	Rose Benedictos, Boni Benedictos
6:00pm	Luan Nguyen

15 Feb Lector Roster

5:00pm	Joe Catanzariti,
8:30am	Jordan Forka, John O'Heir
10:00am	Libby Kain, Kate Lawrence
6:00pm	Busi Nkomo, Karna O'Dea

15 Feb Ministers of Communion

5:00pm	Anthony Jayawardena, Marie McKie
8:30am	Theresia Suh, Sigrid Kropp
10:00am	Sugi Mohanadas, John Blackwell
6:00pm	Charlotte D'Cruze, Lionel D'Cruze

15 Feb Hospitality Roster

5:00pm	Carol Moore, Barbara Mawson
8:30am	
10:00am	James and Jessica Nguyen, Pav Perera
6:00pm	

15 Feb SJAShop

5:00pm	
8:30am	Sabina Van Rooy
10:00am	
6:00pm	

Weekly Rosters

Altar Society	8 Feb	Pat Gilchrist
Church Cleaning:	9 Feb	Christine Lancaster, Pam Connor, Shovin Weerawarnakula
Grounds	14 Feb	Carl Madsen, Bede Foundling

St Thomas Aquinas Charnwood

MASS TIMES

Vigil Saturday	6:00pm
Sunday	9:00am
Wednesday and Thursday	9:30am
Liturgy of the Word with Communion:	
	Tues 9:30am

Rosary before Mass

Weekdays in both parishes at 9:05am

SACRAMENTAL LIFE

Baptisms	2nd Sun during Mass
Reconciliation	Sat 5:00pm – 5:30pm
Sacramental Program	Contact Parish Office

PRAYER LIFE

Eucharistic Adoration	Thursday Weekly 5:30pm – 6:30pm
Men's Scripture Discussion	Wednesday after 9:30am Mass
Open Scripture Discussion	Thursday after 9:30am Mass
Latte with Our Lady. Rosary outside the Charcoal Chicken	First Saturday of the month 10:15am

ROSTERS

15 Feb Acolyte Roster

6:00pm	Gavin Howard
9:00am	Margie Hourigan

15 Feb Lector Roster

6:00pm	Brian Daly, Irene Daly
9:00am	Megan Winter, Jancye Winter

15 Feb Ministers of Communion

6:00pm	Fran Handoko, Cathy Howard
9:00am	Leo Walsh, Helen Axelby

15 Feb Music Ministry / Slides

6:00pm	Recorded, Janette O'Sullivan
9:00am	Recorded, Peter Jean

8 March Morning Tea after Mass

9:00am	Irene Daly, Marg Ellis
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Readings 15 February 2026

First Reading	Is 58:7-10
Psalm	Ps 111:4-9
Second Reading	1 Cor 2:1-5
Gospel	Matthew 5:13-16

May the Sacred Heart of Jesus be
everywhere loved.....forever!