

SUNDAY, 23 AUGUST 2026
WENTY-FIRST SUNDAY IN ORDINARY TIME YEAR A

Parish of The Holy Spirit and St. Francis

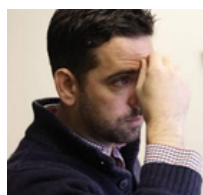
St Mary's

Immaculate Heart of Mary

Sacred Heart

Dear parishioner,

I hope the week that has passed has treated you gently and that life has not been too hectic. There always seems to be something just around the corner that may test our resilience and our faith. Whatever stage of life we find ourselves in, we need not rely solely on our own determination — we also need the grace of God and the support of those around us. As we gather seeking solace in God, in the Eucharist, and in His word, may we also pause to truly connect with one another — with our parish community, our families, and our friends.



TRIPLE SIGN OF THE CROSS
Before the Gospel reading



As a priest I am still learning about the mass and all that is involved in its traditions, practices and meanings. There is always something to learn about in any topic and gain a deeper understanding as to why things are done in a certain way. Nothing stops us from learning something new or gain a better understanding, except our willingness to learn. Even in the Eucharist, have you ever stopped and thought why we do this? Or, what is the meaning or purpose of this action. Our liturgy of the Eucharist is full of symbols and actions, there is so much to learn and understand deeper. One part of the mass which I can remember following but not truly understanding is when we say the words 'Glory to you O Lord' and perform the sign the cross 3 times – on our forehead, on our lips and on our heart. Do you follow this practice? What words do we say under our breath when performing this action? Why do we do it?

The practice of tracing a small cross on the forehead, lips, and heart before the proclamation of the Gospel is one of the oldest and most beautiful gestures in the Catholic Mass. Its roots reach back over a thousand years. Early Christians in the 9th century were already marking their foreheads and breasts as a sign of reverence when the Gospel was announced. By the 11th and 12th centuries, this simple act had developed into the threefold gesture we use today: a cross on the forehead to invite God's Word into our minds, a cross on the lips to ask that we may speak it faithfully, and a cross over the heart so that the Gospel may take root in our deepest selves.



Medieval Christians understood this gesture as both a prayer and a public witness — a way of saying, "I am not ashamed of the Gospel," and a way of asking God to protect His Word within us so it would not be forgotten or taken away. Over time, the Church embraced this practice universally, and it became a cherished moment of preparation before hearing Christ speak in the Gospel. Today, when we make these three small crosses, we join countless generations of believers who have approached the Gospel with humility, openness, and love. So, as we prepare to hear the Gospel, may the small crosses on our foreheads, lips, and hearts, encourage us to quietly pray that God's Word may be in our minds, on our lips, and within our hearts. This simple gesture carries a profound meaning: we ask the Lord to shape the way we think, guide the words we speak, and transform the way we love and live. By opening ourselves in this way, we welcome the Gospel not just as something to be heard, but as something to be lived — allowing Christ's teaching to take root in us and bear fruit in our daily lives.



We would also like to wish Maria, our parish secretary, a wonderful and well-deserved break as she travels to visit her family in Spain. We hope this special time together brings her much joy, rest, and cherished memories. Please join us in wishing Maria a safe and pleasant journey, and we look forward to welcoming her back after her time away.

Thank you for your understanding and support during her absence.



Great to see you all this weekend.

God bless, Fr Martin.

WE PRAY FOR...

ILLNESS:

Rosa Nistico, Elizabeth Kiernikowski, Maria Reilly, Mick Zuccala, Nancy Camera, Lucy Finnegan, Ebony McDonald, Teresa Styne, Oliver & James Mendis, Mary Ryan, Sunny & Hunter Drew, Joseph Galekovic, Clive O'Connor, Rita Spinella, Kerstin Thomas, Marie Northey, Martin Patane, Shane Cowie, Anna Slawek, Melita Lambiris, Malcom Keys, Carmel Finley, M.S., Barry Martin, Vera Molloy, Claire Lawrence, Tom Fischer, Joan Tranter, Stella Noal, Peter Teasdale, Paul Kennedy, Vlad, Antonio Salas, Prue Turner

ANNIVERSARIES:

Stan Jackson,
Marie Lynch,
Catherine O'Brien
Sr Louis Henwood
Angelo Stoppa,
Pat Mutimer
Mary Patricia O'Callaghan,
Bob Umbers,
Tresa Pereira
Bill Devine,
France Chan Yam

RECENTLY DECEASED:

Maureen Gallagher-Stynes

BAPTISM:

Blair Sadie Byers

HOLY COMMUNION:

Kate R. Summerhayes Fraser

Parish Office Closure from Tue, 25 Aug, until Thu 24 Sep while the parish office staff are on leave.

During this time, please contact us by email. Our emails will be monitored daily, and we will respond as soon as possible.

You are also welcome to call the Parish Office and leave a voicemail with your name and a brief message. We will return your call as soon as we can. For emergencies, please choose option 3.

Thank you for your patience and understanding.

Mass Time Change – Wednesday 26 August.

Please note that there will be no 9:15 am Mass on Wednesday 26th August at Sacred Heart, Sandringham.

The Funeral for Martin Patane will be celebrated at 10:00 am.

Entrance Antiphon Psalm 85:1-3

Turn your ear, O Lord, and answer me;
save the servant who trusts in you, my God.
Have mercy on me, O Lord, for I cry to you all the day long.

First Reading Isaiah 22:19-23

A reading from the prophet Isaiah

Thus says the Lord of hosts to Shebna, the master of the palace:

I dismiss you from your office, I remove you from your post, and the same day I call on my servant Eliakim son of Hilkiah.

I invest him with your robe, gird him with your sash, entrust him with your authority; and he shall be a father to the inhabitants of Jerusalem and to the House of Judah.

I place the key of the House of David on his shoulder; should he open, no one shall close, should he close, no one shall open.

I drive him like a peg into a firm place; he will become a throne of glory for his father's house.

The Word of the Lord

Responsorial Ps 137:1-3. 6. 8. R. v.8

(R.) O God, let all the nations praise you!

1. I thank you, Lord, with all my heart,
you have heard the words of my mouth.
Before the angels I will bless you.
I will adore before your holy temple. (R.)

2. I thank you for your faithfulness and love
which excel all we ever knew of you.
On the day I called, you answered;
you increased the strength of my soul. (R.)

3. The Lord is high yet he looks on the lowly
and the haughty he knows from afar.
Your love, O Lord, is eternal,
discard not the work of your hands. (R.)

SACRAMENTS 2026



FIRST RECONCILIATION

TERM 4

Tues 10, 17 & 24 Nov 5:30 pm

FIRST HOLY COMMUNION

Semester 1: 2027

CONFIRMATION

Thu 3 Sept to 19 Nov 5 pm

Information & bookings at
sandringham@cam.org.au



**You are Peter and on
this rock I will build my
Church.**

Matthew 16:18

Second Reading Romans 11:33-36

A reading from the letter of St Paul to the Romans

How rich are the depths of God – how deep his wisdom and knowledge – and how impossible to penetrate his motives or understand his methods! Who could ever know the mind of the Lord? Who could ever be his counsellor? Who could ever give him anything or lend him anything? All that exists comes from him; all is by him and for him. To him be glory for ever! Amen.

The Word of the Lord

Gospel Acclamation Matthew 16:18

Alleluia, alleluia!

You are Peter, the rock on which I will build my Church;
the gates of hell will not hold out against it.

Alleluia!

Gospel Matthew 16:13-20

A reading from the holy Gospel according to Matthew

When Jesus came to the region of Caesarea Philippi he put this question to his disciples, 'Who do people say the Son of Man is?' And they said, 'Some say he is John the Baptist, some Elijah, and others Jeremiah or one of the prophets.' 'But you,' he said 'who do you say I am?' Then Simon Peter spoke up, 'You are the Christ,' he said, 'the Son of the living God.' Jesus replied, 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it. I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.' Then he gave the disciples strict orders not to tell anyone that he was the Christ.

The Gospel of the Lord

Communion Antiphon Cf Psalm 103:13-15

The earth is replete with the fruits of your work, O Lord;
you bring forth bread from the earth
and wine to cheer the heart.

WEEKEND MASS TIMES

Saturday Vigil

5 pm St Mary's

59 Holyrood St, Hampton

Sunday Morning

9 am Sunday - Sacred Heart

13 Fernhill Rd, Sandringham

10:30 am Immaculate Heart

441 Bluff Rd, Hampton East

WEEKDAY MASS TIMES

Mon 9:15 am Immaculate Heart

Tue 9:15am Sacred Heart

Wed 9:15am Sacred Heart

Thur 9:15am St Mary's

CONFESSION TIMES

Sat. 4:45 pm St Mary's

Sun. 8:45 am Sacred Heart

PRAYER & ADORATION

All are welcome!

Rosary & Prayers

Sun, 10 am Immaculate Heart

Mon, 8:50 & 9:50 am Immaculate

Heart

Tue, 8:45 am Sacred Heart *New Time!!*

Wed, 8:20 am Sacred Heart

Thu, 8:45 am St Mary's *New Time!!*

Adoration

Wed, 8:45-9:10am Sacred Heart

EMERGENCIES

For anointing of the sick please
call 7036 9381 and dial 3

POPE'S PRAYER INTENTION FOR AUGUST: FOR RESPECT FOR HUMAN LIFE

That in cities often marked by anonymity and loneliness, we find new ways to proclaim the Gospel, discovering creative paths to build community.



PARISH CELEBRATION – FEAST OF ST FRANCIS

Sunday 4th October 2026 2pm

Your invitation to our Parish Celebration has been included in this week's online parish newsletter. Hard copies are also available at the back of the churches.

Please return your completed RSVP (hard copy) to the RSVP box at the church. If you have any queries, please contact:

St Mary's: Jennifer Withecomb, Michele Connell, Angelina Robinson

Immaculate Heart: Angelina Robinson, Cheryl Juelg, Rick Thomas

Sacred Heart: Sue Thorp, Heather McGrath, Mark Shannon

REFLECTIONS ON THE SYNDOD CONSULTATION



I recently attended the **Synod Diocesan Consultation Session-Southern Region**. Not knowing what to expect, I was heartened that the whole consultation process was very prayerful and overwhelmingly a genuine attempt to

explore ideas for both supporting and growing our church. For bringing young and new people in, and for nurturing the faith and people of the existing church.

We were divided into various subject groups - my group was tasked with "**Formation and Participation**". We explored ideas for creating a sense of being valued, welcomed and "belonging" to encourage participation and ongoing learning of the faith; that our faith is often old, inaccurate and formed in our childhoods and in need of better knowledge and understanding; Welcoming and warm parishes that foster Eucharistically centred churches, and genuine places of fraternity and prayer.

Opportunities for "open door" churches so people can come and meet with Jesus when they feel called. The importance of the youth and the untapped resource of the older community, who have time and opportunity to spread the **Good News** if they have ways equipping them for such a task.

There was a great emphasis on how we can better renew our own formation within the Church so that we can better go out to share the Good News of Jesus Christ. The discussions were rich, deep and well-intended and the entire consultation process was contained within a prayer invoking the Holy Spirit.

I came away optimistic, that good things can come from this and hope that we can all pool the individual gifts God has given us to help renew and re-invigorate our Church. *Cheryl Juelg*

The 2026 Archbishop's Campaign This weekend is the final weekend of the 2026 Archbishop's Campaign. If you would like to make a one-off or monthly pledge, you can donate using the campaign envelopes or via the QR code for secure online donations. Brochures with more information are available around the church.

Community Cuppa

Sundays After 9:00 am Mass, Sacred Heart.
Sundays After 10:30 am Mass, Immaculate Heart.
Wednesdays After 9:15 am Mass, Sacred Heart.

Monthly Dinner

1st Saturday of the month after 5 pm Mass.
Contact Michele: 0427 508 003.

SUPPORT YOUR PARISH COLLECTIONS

Please note that at our Masses there are two collections:

- The First collection is for priest and retired priests
- The Second collection helps support the day-to-day expenses of the parish.

If you would prefer to give by card, tap machines are available in the foyers of the churches.

DIRECT DEBIT

Parish of The Holy Spirit & St Francis

BSB: 083 347

Acc. Num: 646745079

Presbytery Account

BSB: 083 347

Acc. Num: 646741705

ON LINE DONATIONS

at our [website](#) or using your phone to read our QR code



Thank you for your generosity to help us continue our ministry.

Donations to SH Social Justice Group

Sacred Heart Parish SJG East Timor Project

BSB: 083347

Acc: 250540755

or through Return-It Vic!

Parishioners returning bottles and cans at refund points operated by CDS Vic East can now donate their refund directly to the Parish Social Justice Group by using the Parish Donation Partner ID C2000075764



Parish Priest: Fr. Martin Tanti martin.tanti@cam.org.au

Parish Secretary: Maria Jesus de Santisteban

Parish Office 13 Fernhill Rd, Sandringham VIC 3191

sandringham@cam.org.au Tel.7036 9381

Tue to Fri - 9:00 am to 3:30 pm

www.melbcatholic.org/holyspiritstfrancis