

OUR LADY OF THE IMMACULATE CONCEPTION PARISH
90 - 92 MONASH STREET, SUNSHINE 3020

Tel: 94 01 63 44 Email: sunshine@cam.org.au
 Website: <https://www.melbcatholic.org/sunshine>

Office Hours: *Monday, Wednesday & Friday 10am-3.00pm

**Secretary is on leave, please leave a message or email us.*

Sunday Masses: *English:* Saturday 5.30pm, Sunday 9am, 10.30am, 5.30pm

Mass in other languages: *Chin - Burmese* Sunday 2.30pm; *Tongan* 9 March 2.00pm
Vietnamese Saturday Vigil 7pm, Sunday 12.30pm, Friday 7pm

Weekday Masses: Monday, Wednesday, Thursday & Saturday 9am; Friday 11am; Tuesday 7.30pm

Confessions: Saturday 9.30am after morning Mass **Novena:** Tuesday 8.00pm



MASS INTENTIONS 2 - 8 March 2025

Sat 5.30pm Frank Wright RIP
Sun 9.00am Filip & Mara Krsticevic RIP
10.30am Rita, Lawrence & Alfred Caruana RIP
5.30pm *Pro Populo*
Mon 9.00am Antonio Fiorenza RIP
Tues 7.30pm Matino Paul Dinh RIP
Wed 9.00am **ASH WEDNESDAY** (School & Parish)
 Joseph Duc & Maria Dinh RIP
6.00pm Parish Intention
7.30pm **Vietnamese** Ash Wednesday Mass
Thurs 9.00am Parish Intention
Fri 11.00am Parish Intention
Sat 9.00am Parish Intention

INVITATION

to spend some quiet time
 with Jesus in the Blessed
 Sacrament:



Friday
12.00pm-
3.00pm

Come for
a short
visit or stay as long as
you wish.

"Come to me all who
labour and carry a
heavy burden." Matt 11:28

ASH WEDNESDAY
5 MARCH 2025

Mass Times: 9.00am, 6.00pm
& 7.30pm (Vietnamese)



STATIONS OF THE
CROSS - FRIDAY
7.00pm English
7.30pm Vietnamese

Heart and Mouth: Scott Hahn Reflects on the 8th Sunday in Ordinary Time

In today's readings we hear Jesus speaking in Galilee as well as a Jewish sage named Sirach writing in Jerusalem more than a century earlier.

The two of them touch upon a single truth:

The words that come out of us make known the hidden thoughts within us. Speech reveals the secrets of the heart.

Sirach teaches that speaking is "the test of men" and their character.

- One who is upright will utter words that are truthful and encouraging to others.

- One whose heart is cluttered with "refuse" will be exposed, since the "fruit" of his mouth speaks volumes about the "tree" that produces it. Sirach also compares the testing of our words to clay fired in a kiln—if properly prepared, a useful vessel emerges; but if the clay is not fully dried, it will break apart in the extreme heat.

In a similar way, Jesus insists that a person speaks "out of the abundance of the heart." He too compares our speech, whether good or bad, to what grows on a tree: "For no good tree bears bad fruit, nor again does a bad tree bear good fruit."

Both readings urge us to make wholesome speech a habit.

After all, much about who we are is brought to light through what we say.

But there's an additional step: The Lord is asking us to look inward, to examine our hearts and fill them with the "good treasure" that God desires.

Why do purity of heart and speech matter so much? Because, as Jesus declares elsewhere: "by your words you will be justified, and by your words you will be condemned".

They matter because they help to decide our final judgment, and this is where the Second Reading comes in. Paul reminds us that God will destroy death forever, and if we are to share in this victory and live forever with the Lord, then we must take all steps necessary to give our hearts and lips to what is good.



Child Safety Reminders: *Parents please accompany your child if they need to leave the church building. Please ensure you know where your child is if not beside you.*

Our parish is committed to the care, wellbeing and protection of children and the vulnerable.

Week 2	5.30 pm	9.00 am	10.30 am	5.30 pm
Lectors	Mary Rapa	Andrea Borges	Tongan Choir	Volunteer
Extraordinary Ministers	Simplex & Blezza Borges	Sr. Shirani Britto	Jennifer Godfrey	Kieran Sheridan
Data Projector	Connie Sposato	Antoinette Spiteri	Tongan Choir	Volunteer
Weekly Counting	John Francis & Michael Payne			

Fasting Guidelines for
Ash Wednesday

We know that fasting and abstinence are observed on Ash Wednesday. Use these simple tips to guide you:

Catholics aged 18 - 60yrs are required to fast. This involves eating one full meal and two smaller meals. (The total amount of food consumed in the two smaller meals should not be equal to a full meal.) Additionally, all Catholics over the age of 14 are expected to abstain from meat on this day.

DONATIONS

Please support

our parish
 in 1st & 2nd
 collection



Thank you!