

Exaltation of the Holy Cross 14th September 2025

Entrance Antiphon: We should glory in the Cross of our Lord Jesus Christ, in whom is our salvation, life and resurrection, through whom we are saved and delivered.

Communion Antiphon: When I am lifted up from the earth, I will draw everyone to myself, says the Lord.

First Reading Numbers 21:4-9

A reading from the book of Numbers

On the way through the wilderness, the Israelites lost patience. They spoke against God and against Moses, ‘Why did you bring us out of Egypt to die in this wilderness? For there is neither bread nor water here; we are sick of this unsatisfying food.’

At this God sent fiery serpents among the people; their bite brought death to many in Israel. The people came and said to Moses, ‘We have sinned by speaking against the Lord and against you. Intercede for us with the Lord to save us from these serpents.’ Moses interceded for the people, and the Lord answered him, ‘Make a fiery serpent and put it on a standard. If anyone is bitten and looks at it, he shall live.’ So Moses fashioned a bronze serpent which he put on a standard, and if anyone was bitten by a serpent, he looked at the bronze serpent and lived.

Responsorial Psalm Ps 77:1-2. 34-38. R. v.7

(R.) Do not forget the works of the Lord!

1. Give heed, my people, to my teaching; turn your ear to the words of my mouth. I will open my mouth in a parable and reveal hidden lessons of the past. **(R.)**
2. When he slew them then they would seek him, return and seek him in earnest. They would remember that God was their rock, God the Most High their redeemer. **(R.)**
3. But the words they spoke were mere flattery; they lied to him with their lips. For their hearts were not truly with him; they were not faithful to his covenant. **(R.)**
4. Yet he who is full of compassion forgave their sin and spared them. So often he held back his anger when he might have stirred up his rage. **(R.)**

Second Reading Philippians 2:6-11

A reading from the letter of St Paul to the Philippians

The state of Jesus was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are;

and being as all men are, he was humbler yet, even to accepting death, death on a cross. But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father.

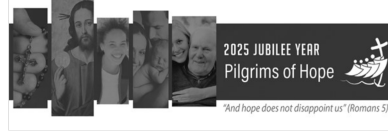
Gospel Acclamation

Alleluia, alleluia!
We adore you, O Christ, and we praise you, because by your cross you have redeemed the world. Alleluia!

Gospel John 3:13-17

A reading from the holy Gospel according to John
Jesus said to Nicodemus:

‘No one has gone up to heaven except the one who came down from heaven; the Son of Man who is in heaven; and the Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him.
Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life.
For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.’



Sacred Heart Catholic Parish, Moruya

Parish Priest: Fr. Joshua Scott PP VF
Parish Secretary: Vickie Moore

PARISH OFFICE

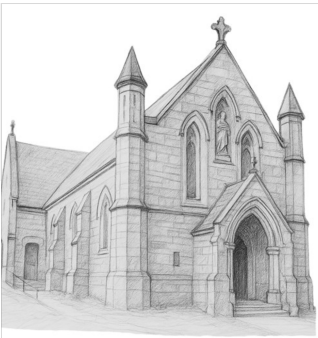
36 Queen Street Moruya NSW 2537

Parish Office Hours: Wednesday and Friday—9.00 am - 2.00 pm

Phone: (02) 4474 2024

Email: moruya@cg.org.au

Website: www.cg.org.au/moruya



Year C

Exaltation of the Holy Cross 14th September 2025

Sunday Mass

Sacred Heart, Moruya

36 Queen Street, Moruya

Sat. Vigil: 5.00pm

Sunday: 10.00am,

‘The Pines’, Tuross Head

36 Craddock Rd, Tuross Head

Sunday: 8.00am

St. Edmund’s, Bodalla

162 Princes Hwy, Bodalla

4th Sunday: 12noon

Weekday Mass

Sacred Heart, Moruya

Tuesday: 5.00pm

Wed, Thurs, Friday: 9.15am

St Edmund’s, Bodalla

2nd Friday: 9.00am

Syro-Malabar Rite Mass

Sacred Heart, Moruya

First Mondays: 6pm.

Confessions

Sacred Heart, Moruya

Tuesday: After Mass.

Saturday: 4.30pm - 4:50pm

Adoration

Sacred Heart, Moruya

Fridays: 9:45am

(After 9.15 Mass)

Rosary

Daily: After Mass

The Cross and the Eucharist: Signs of God’s Love

Dear Friends in Christ,

This weekend we gather with hearts full of gratitude to celebrate the Feast of the Exaltation of the Holy Cross. At first glance, the Cross can seem a sign of pain and loss, but for us who believe, it shines as the greatest sign of God’s love. On the Cross, Jesus shows us that no suffering, no sin, and no darkness is stronger than His love for us. What once was a symbol of defeat has become the sign of victory and everlasting life. The Cross reminds us that God can bring hope out of despair, strength out of weakness, and joy out of sorrow. When we look upon the Cross, we are reminded that we are never alone—Christ walks with us, carries us, and redeems us.

This is also a most joyful weekend for our parish family, as some of our children are receiving Jesus in Holy Communion for the very first time. What a blessing it is to witness their joy, their excitement, and their tender love for the Lord! Dear children, today Jesus comes to you in such a close and personal way, filling your hearts with His love and making His home within you. We congratulate you and your families on this sacred milestone, and we promise to keep you in our prayers. May this first encounter with Jesus in the Eucharist be the beginning of a lifelong friendship with Him.

The Eucharist is a treasure we can return to again and again. Each time we come to Mass and receive Jesus, He strengthens us, comforts us, and helps us to grow in holiness. Just as food nourishes our bodies, the Eucharist nourishes our souls. I encourage you—our children, and all of us together—to make receiving Holy Communion a regular and joyful part of life, so that we may always remain close to Christ, who gives Himself so completely.

May the Cross inspire us to live with love and courage, and may the Eucharist be our daily source of strength and peace. Let us lift high the Cross in our hearts and share Christ’s love with all we meet.

Your brother in Christ,

Father Josh

NOTICES

PARISH SCHOOLS

ST MARY'S PRIMARY, MORUYA

Johanna Wain

Principal

Ph: 02 4474 2817



CARROLL COLLEGE, BROULEE

Jacqui Heffernan

Principal

Ph: 02 4471 5600



PARISH GROUPS

St Vincent de Paul Conference

37 Queen Street, Moruya
Phone: 02 6234 7404

Caring Group Tuross Head

Mob: 0497 315 534

Moruya

Please call the Parish Office

Weekly Liturgical Calendar

Mon 15th —Our Lady of Sorrows.
Tues 16th — St Cornelius/ St Cyprian
Wed 17th—24th Week O.T.
Thurs 18th— St. Joseph of Cupertino
Fri 19th—St. Januarius
Sat 20th— 24th Week O.T.
Sun 21st—25th Sunday in O.T.



**September
is dedicated to
Our Lady
of Sorrows.**



CONGRATULATIONS!

**We rejoice with the children
who received Jesus in Holy Communion
for the first time this weekend.
Please keep them in your prayers.**

A GENTLE REMINDER: As many viruses are currently circulating, we kindly ask everyone to be prudent and considerate, especially as we have vulnerable parishioners among us. Simple steps like staying home if unwell, practicing good hand hygiene, and being mindful when greeting others can make a big difference. Together, let us care for one another and help limit the spread of illness in our parish community.

FATHER'S DAY APPEAL – LAST WEEKEND: It's not too late to support the Archdiocesan Father's Day Appeal for the Clergy Retirement Foundation. This is the final weekend to give. Our retired priests have given their lives in service; now it is our turn to care for them. Please be generous to this important collection.

SAVE THE DATE: *Heart of Moruya* – a musical fundraiser for Sacred Heart Parish on Saturday, 27 September at 6pm, St Mary's Hall during the River of Art Festival.

MARIAN PROCESSION 2025: Join us on Sunday, 26 October in Goulburn for the annual Marian Procession—a joyful celebration of unity, prayer, and peace. Bring your family and friends, walk in procession, pray the Rosary, and share in Mass as we honour Our Lady and pray for peace in our world.

AUSTRALIAN CATHOLIC MEDICAL ASSOCIATION—ACT BRANCH: Catholic doctors, nurses, allied health professionals and medical students are invited to a Healing Mass at **St Christopher's Cathedral, 9am Saturday 27 September**. After Mass, there will be a short gathering in Haydon Hall with tea and coffee, where you can learn more and express interest in joining the new ACT branch. More info: catholicmedicine.org or contact Dr Paul Burt (dendritepb@icloud.com).

LEAVING A GIFT TO THE PARISH: Consider leaving a bequest to support the ongoing mission of our parish. Any gift, large or small, is deeply appreciated. Contact the Parish Office for more information.

Recently Deceased: Joy Bourke, Michael Cooper, Pauline Brierley.

Those who are sick and housebound: For those in Aged care facilities and in Moruya Hospital, for our sick and housebound parishioners, Gerry and Dianne Ebbelaar, Kylie Leplaw, Andy McCosker, Bala Stankovich, Clare Broekhuyse, Jan Morris, Christopher Morris, Lee Maat, Kirk Dowling, Rosemary Patyus, Kay Morton, Sue and Rod McDonald, Hahn and Pauline de Grave, Hans Brosch, Father Giles Setter OFM, Mark Wales, Jenny Hopkins, Tammy Whiteman, Clair Holmes, Patricia Murphy, Barbara Kirk, Paul and Margaret Ryan, Rita and Doug Marion, Viola Collaran, Sylvia Heffernan, Leo Kop, Rae and Peter Fishlock, Michael Irwin, Fr Greg Beath, Deacon Paul and Jo Rummary, John Heffernan and Graham Beer.

NOTICES

HEART OF MORUYA CONCERT—CATERING

Our **Heart of Moruya Concert** will be held on **Saturday, 27th September at 6pm**. After the concert, we'll share supper together, and we'd love your help. If you can, please bring a plate of sweet or savoury food. Contributions can be left at the school hall on Saturday afternoon, before/after Mass, or before the concert begins. Thank you for your generosity in helping make this a joyful parish event. For questions, contact **Di Fee on 0417 327 625**.



NATURAL FERTILITY MANAGEMENT

Local health professionals and qualified instructors are available help you understand and manage your fertility in an effective and non-invasive manner. Achieve or avoid pregnancy naturally. Address reproductive health issues holistically. See Fertility Awareness Methods at www.marriagefamily.org.au

SYNODAL SNAPS.

Each week we will be including short snippets about Synodality provided by the Archdiocesan Synodal Evangelisation Team.



Synodality is a Spiritual Disposition

Synodality is not about governance, meetings or structures. It is a way of living our faith and mission, guided by the Holy Spirit in every part of life.

Reflection: How do I invite the Holy Spirit into my everyday life?

Prayer: Holy Spirit, guide me to live each day close to You.

GIVING AND RECEIVING

Direct Debit and Tap N Go are available. Thank you for your generosity. If possible, consider donating to the 1st and 2nd collections via direct debit.

1ST COLLECTION – *Supports Arch. Clergy*

Direct Debit (include “Sacred Heart Parish”):

BSB: 062-786 | **Account:** 000029248 | **Reference:**

Sacred Heart Parish, Moruya & Surname

2ND COLLECTION – *Supports the Parish*

Direct Debit / Bank Deposit:

BSB: 062-786 | **Account:** 000014984 | **Reference:**

Planned Giving # & Surname (current givers) or “Donation” (new givers)

MORUYA ROSTERS

| | Readers | | Ministers of Holy Communion | | Counters | |
|------------------|------------------------------|-------------------------|-----------------------------|--------------------|--------------------------|-----------------------|
| Mass | 13th/14th September | 20th/21stSeptember | 13th/14th September | 20th/21stSeptember | 15th September | 22nd September |
| SAT 5pm | First Communion Children | J. Wain S. Heffernan | T. Cahill | F. Levi | R. Parnell T. Chattto | D. Fee L. O'Connor |
| SUN 10.am | H. Browne G. Strahlendorf | P. Angus J. Gillett | J. Gillett | P. Angus | | |

Parish Safeguarding Commitment: At Sacred Heart Parish, we're deeply committed to creating a safe, respectful, and caring environment for all children and vulnerable people. We believe everyone deserves to be heard, valued, and protected—and we work together with families to make sure their voices are always part of the conversation.

Communicating Concerns: Parishioners are encouraged to raise any concerns by contacting Father Josh or the Parish Office. For matters specifically related to safeguarding, please reach out to our Parish Safeguarding Officers—Pauline Parnell, Louise Strahlendorf, or Peter Hoban—via email at moruya.safeguarding@cg.org.au. Additionally, you may contact Maria Hicks, Manager of the Archdiocesan Institute for Professional Standards and Safeguarding (IPSS), at ipss@cg.org.au or by phone on 02 6239 9806.