

**Entrance Antiphon:** Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.

**Communion Antiphon:** Blessed are the poor in spirit, for theirs is the Kingdom of Heaven. Blessed are the meek, for they shall possess the land.

**First Reading Zephaniah 2:3; 3:12-13**

A reading from the prophet Zephaniah

Seek the Lord  
all you, the humble of the earth,  
who obey his commands.  
Seek integrity,  
seek humility:  
you may perhaps find shelter  
on the day of the anger of the Lord.  
In your midst I will leave  
a humble and lowly people,  
and those who are left in Israel will seek refuge in the  
name of the Lord.  
They will do no wrong,  
will tell no lies;  
and the perjured tongue will no longer  
be found in their mouths.  
But they will be able to graze and rest  
with no one to disturb them.

**Responsorial Psalm Ps 145:7-10. R. Mt 5:3**

**(R.) Happy the poor in spirit;  
the kingdom of heaven is theirs!**

1. It is the Lord who keeps faith forever,  
who is just to those who are oppressed.  
It is he who gives bread to the hungry,  
the Lord, who sets prisoners free. **(R.)**
2. It is the Lord who gives sight to the blind,  
who raises up those who are bowed down,  
the Lord, who protects the stranger  
and upholds the widow and orphan. **(R.)**
3. It is the Lord who loves the just  
but thwarts the path of the wicked.  
The Lord will reign for ever,  
Zion's God, from age to age. **(R.)**

**Second Reading 1 Corinthians 1:26-31**

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

Take yourselves, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen – those who are nothing at all to show up those who are

everything. The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: if anyone wants to boast, let him boast about the Lord.

**Gospel Acclamation Matthew 5:12**

**Alleluia, alleluia!  
Rejoice and be glad;  
Your reward will be great in heaven.  
Alleluia!**

**Gospel Matthew 5:1-12**

A reading from the holy Gospel according to Matthew  
Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

'How happy are the poor in spirit:  
theirs is the kingdom of heaven.  
Happy the gentle:  
they shall have the earth for their heritage.  
Happy those who mourn:  
they shall be comforted.  
Happy those who hunger and thirst for what is right:  
they shall be satisfied.  
Happy the merciful:  
they shall have mercy shown them.  
Happy the pure in heart:  
they shall see God.  
Happy the peacemakers:  
they shall be called sons of God.  
Happy those who are persecuted in the cause of  
right:  
theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'



**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 0889

**Email:** moruya@cg.org.au

**Website:** www.cg.org.au/moruya



**Year A**

4th Sunday of Ordinary Time  
Sunday 1st February 2026

**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:** 12 noon

**Weekday Mass**  
**Sacred Heart, Moruya**  
**Tues, Wed, Thurs:** 5pm  
**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**  
**Tues, Wed, Thurs:** After Mass.  
**Saturday:** 4.30pm - 4:50pm

**Adoration**  
**Sacred Heart, Moruya**  
**Fridays:** 9:45am  
(After 9.15 Mass)

**Rosary**  
**Daily:** After Mass

**THE BEATITUDES: A GUIDE FOR ORDINARY LIFE**

Dear Parishioners,

This Sunday, the Fourth Sunday in Ordinary Time, we hear Jesus' teaching from the Sermon on the Mount: the Beatitudes. "Blessed are the poor in spirit, for theirs is the kingdom of heaven... Blessed are the meek, for they shall inherit the earth." These words are a powerful invitation to live differently, with hope, humility, and trust in God.

At first, the Beatitudes may seem countercultural. In a world that values power, wealth, and recognition, Jesus lifts up the meek, the merciful, the pure of heart. He shows us that God's way is not about status or force but about love, service, and justice. These teachings offer hope because they reveal that God sees and honours the goodness in each of us, even in our smallness or struggles.

The Beatitudes are also a call to action. They are not just ideals to admire from afar; they are ways to live each day. When we show mercy to those who have wronged us, comfort those who mourn, or work for peace, we embody the kingdom of God here and now. Our small acts of love and kindness, grounded in faith, have the power to transform hearts and communities.

This Gospel reminds us that holiness is not found in wealth, status, or power, but in hearts open to God and others. It is a call to live with courage, patience, and compassion, trusting that God's promises are real and will be fulfilled.

As we journey through Ordinary Time, may the Beatitudes inspire us to see the world through Jesus' eyes. May we rejoice in God's blessings, offer mercy generously, and walk humbly with our God. In doing so, we become living signs of hope, reflecting God's love to all we encounter.

With every blessing,  
Fr. Josh

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## NOTICES

### PARISH SCHOOLS

**ST MARY'S PRIMARY, MORUYA**  
*Johanna Wain*  
**Principal**  
**Ph: 02 4474 2817**



**CARROLL COLLEGE, BROULEE**  
*Andrew Kenneally*  
**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 2nd**—The Presentation of Our Lord

**Tues 3rd**— Sts Ansgar & Blaise

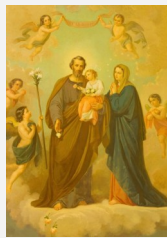
**Wed 4th**— St Theophilus the Penitent

**Thur 5th** — St Agatha

**Fri 6th** — St Paul Miki & Companions

**Sat 7th** — St Adaucus

**February is dedicated to the Holy Family (J.M.J.)**



### WELCOME FATHER CHRIS!



This weekend, we warmly welcome **Fr. Chris Heffernan**, Parish Priest of Narrandera, in the Wagga Wagga Diocese who has kindly come to Moruya to assist while Fr. Josh recovers. We are grateful for his generosity and ministry—thank you, Fr. Chris!

### PRAYERS FOR FATHER JOSH

Father Josh, has recently undergone planned surgery. We ask for your prayers for his healing, strength, and comfort during this time. Please keep him in your prayers at this time.



### REMINDER: CHANGE OF WEEKDAY MASS TIMES

Starting from **Thursday, 5 February** when Fr Josh returns, weekday Mass times will change to the following:  
**Tuesday, Wednesday and Thursday: 5pm and Friday: 9:15am**  
 Confessions will be available after the evening Masses.

### PALMS AND ROSARY BEADS

In preparation for Lent (Ash Wednesday is 18 February) please bring in last year's palms and any broken rosary beads. These will be burnt and the ashes used. There will be a basket in the foyer to place these items into.

### WELCOME BACK



To all the staff and students from St Mary's and Carroll College who commenced the 2026 school year this week!

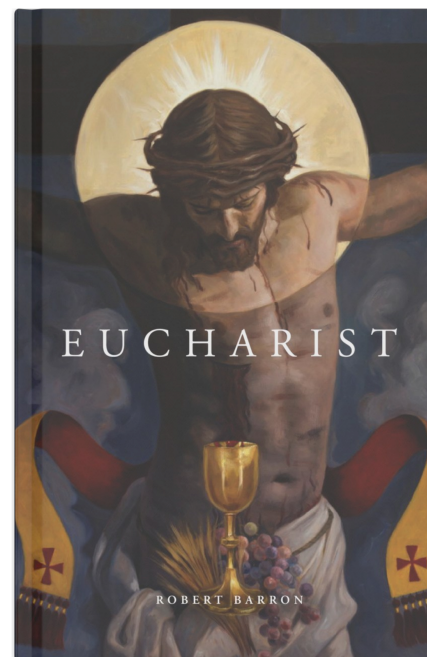


**DOMINICAN RETREAT:** Single adults, ages 18-35, are invited to join the Dominican Friars and Sisters for a weekend retreat at St Mary's Towers, Douglas Park, NSW from 13-15 Feb 2026. The retreat will consist of talks, discussion, silence, Eucharistic Adoration, the Sacrament of Confession, Mass, and time for fellowship. Registration closes 6 February. Fee: \$300 per person. <https://www.trybooking.com/DHJBL>

**Recently Deceased:** Greg Thornton, Marlene Moore, Fr. Frank Fuchs, Ian Cheeseman, Barbara Kirk, Marykutty Joseph (Fr. Kos' mother), Geoffrey Scott, Murray Scott, Jean Calcutt.  
**Those who are sick and housebound:** For those in Aged care facilities and in Moruya Hospital, for our sick and housebound parishioners, Fr. Josh, Fr. Michael Mullin, Gerry Ebbelaar, Bala Stankovich, Clare Broekhuysse, Jan Morris, Christopher Morris, Lee Maat, Kirk Dowling, Rosemary Patyus, Kay Morton, Sue and Rod McDonald, Han and Pauline de Grave, Hans Brosch, Father Giles Setter OFM, Mark Wales, Jenny Hopkins, Clair Holmes, Patricia Murphy, Paul and Margaret Ryan, Rita and Doug Marion, Viola Collaran, Sylvia Heffernan, Rae and Peter Fishlock, Michael Irwin, Fr Greg Beath, Deacon Paul and Jo Rummery, John Heffernan, Mark Chatto, Norma and Graham Beer and Archie Beatty.

## NOTICES

### BOOK RECCOMENDATION—BISHOP ROBERT BARRON 'THE EUCHARIST'



For many Catholics today, the Eucharist can be misunderstood as little more than a symbol, and the Mass reduced to a gathering that simply recalls Jesus' life. Yet what is made present on the altar—and what the faithful receive into their very bodies and souls—is far richer, deeper, and more beautiful than we often dare to imagine.

In this compelling and accessible theological work, Bishop Robert Barron warmly invites readers to rediscover the ancient meaning and transforming power of the Eucharist. With clarity and pastoral sensitivity, he explores the Eucharist through three inseparable lenses: sacred meal, sacrifice, and Real Presence. Rooted firmly in Scripture and the living tradition of the Church, these themes draw us back to the astonishing words of Jesus at the Last Supper:

“Take, eat; this is my body... Drink from it, all of you; for this is my blood of the covenant.” This book is not only about understanding the Eucharist more clearly; it is about learning to approach the Mass

with renewed wonder and faith. Bishop Barron shows that we are not merely remembering Jesus or admiring his moral example. We are being invited into communion with him—into the very life of God—by receiving the self-gift he offers in love and sacrifice.

Whether you are seeking to deepen your faith, renew your appreciation of the Mass, or simply learn more about the heart of Catholic worship, this book offers a rich and rewarding journey into the mystery at the centre of it all.

### 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	31st/1st February	7th/8th February	31st/1st February	7th/8th February	2nd February	9 February
<b>SAT 5pm</b>	M. Croese S. Heffernan	D. McCann C. Palise	J. Wain	F. Levi	G. Campbell T. Chatto	T. Monaghan L. O'Connor
<b>SUN 10am</b>	G. Strahlendorf P. Pollock	B. Gillett R. Patyus	G. Campbell	J. Gillett		

**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](mailto: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](mailto:ipss@cg.org.au) or by phone on 02 6239 9806.