

1st February, 2026, 4th Sunday in Ordinary Time /A

TEMORA MISSION AREA

Our Lady Help of Christians Parish Ardlethan/Sacred Heart Aria Park

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Sacred Heart Temora

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Parish Priest Fr Alex Osborne

Email: alex.osborne@cg.org.au

St Therese Barellan

In our Prayers: Lee Jackson, Robyn Richards, Neville Caldwell.

For our Deceased: Tony (Chubb) Cattle, Colleen Stout, Morgan Cumming, Deceased Family, Friends, Victims of war, violence, accidents & natural disasters. Ray Fairman *anniv.*

Feb 7 - 8

Aria Park 6.00 p.m. Sat Mass

Mass

Barmedman 8am. Temora 10am & 5pm Sunday

Liturgy

Ardlethan **9am** Barellan 10am Sunday

Reflection - Blessings for the Lowly Ones

Today's readings remind us to seek God with humility. The first reading tells us that God protects those who are humble and follow his ways. The psalm praises God for caring for the weak and needy. The second reading says that God chooses the lowly to show His greatness. The gospel gives us the Beatitudes, where Jesus tells us who is truly blessed. These are the people who trust in God, show mercy, seek justice, and endure hardship for their faith.

We are called to live in a way that is different from the world. The Beatitudes show us that true blessing comes from following Jesus, not from wealth or power. God blesses those who are humble, kind, and faithful. We should ask ourselves if we are seeking God or just waiting for something to happen. We should also reflect on how we can be a blessing to others. www.youngcatholics.com



**Blessed
are the
peacemakers,
for they
will be called
sons
of God.**

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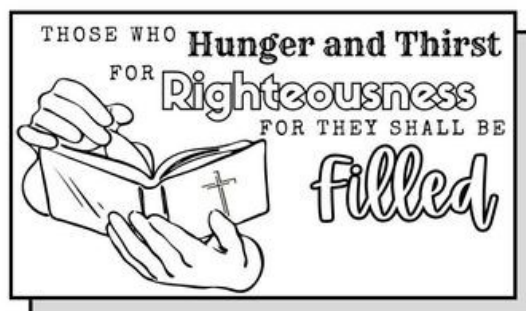
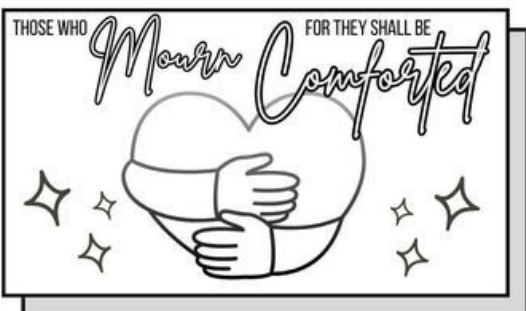
Matthew 5:9

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven."

The Beatitudes

Blessed ARE...

Matthew 5: 3-10



If anyone would like to be added to the reading, leading or Eucharistic minister volunteer roster, please let Linda Griffin know. Also names for the sick and deceased lists. Thank you.

Roster 8th Feb

Leader: Suzanne

Reader: Ian

Ex. Minister : John

Acknowledgement of Country - With respect, we acknowledge the country, the skies, the waterways and spiritual systems of the Wiradjuri people on whose land we gather. We acknowledge the elders for the passing on of knowledge, language and spiritual connections to country.

Parish Safeguarding Commitment — Our Lady Help of Christians Parish Ardlethan/Sacred Heart Arian Park is committed to safeguarding and upholding the rights of all our children and vulnerable people. We seek to empower children, their families and carers and vulnerable people, to have a say, to be listened to and to be protected. Parishioners are encouraged to raise any concerns they may have by emailing Fr Alex Osborne at alex.osborne@cg.org.au. Parishioners are also welcome to contact Maria Hicks, manager for the Archdiocesan Institute for Professional Standards & Safeguarding (IPSS) at ipss@cg.org.au or phone 02-62399806.