



Gospel Mt 5:1-12

Happy are the poor in spirit.

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.'

Reflection by Fr Michael Tate

Jesus doesn't start in a fantasy dream world of perfection. Jesus looks at the world as it often is for many people, perhaps for most people around the world: 'the poor in spirit', 'those who mourn', 'those who are gentle', 'those who hunger and thirst for justice'.

Jesus astonishes the crowd by saying that such people are 'Blessed'. How can this be? The answer lies in our Lord's emphasis on the new community he is establishing under the reign of God: what he calls 'the Kingdom of God'.

Those in such wretched circumstances will have things set right, but only if followers of Jesus do everything possible to lift the poor out of the poverty which crushes their spirit, do everything possible to comfort those who mourn, do everything possible to make sure the gentle share the earth's resources, do everything possible to satisfy the craving for justice.

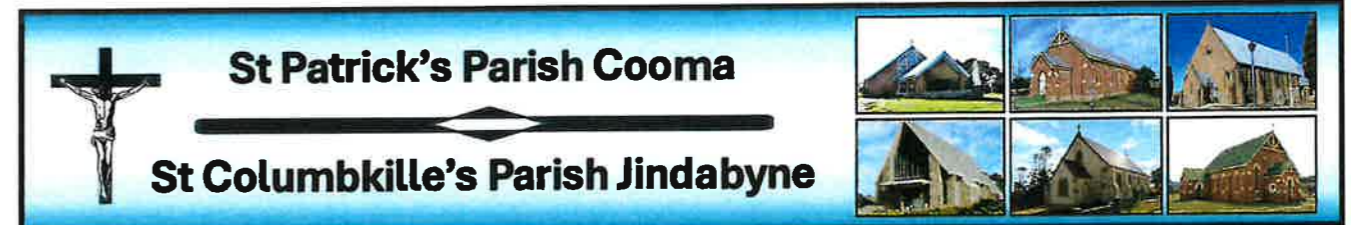
We could pause for a moment to pray the 'Our Father' pledging ourselves to help construct this new society where the Beatitudes can come true:

'Thy Kingdom come. Thy will be done on earth as it is in heaven.'

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Fourth Sunday in Ordinary Time, Year A

1 February 2026

First Reading Zep 2:3; 3:12-13

In your midst I will leave a humble and a lowly people.

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!*
or

(R.) *Alleluia!*

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 Cor 1:26-31

God has chosen what is weak by human reckoning.

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 Mt 5:12

Alleluia, alleluia!

Rejoice and be glad;

Your reward will be great in heaven.

Alleluia!



St Patrick's Parish Cooma
St Columbkille's Parish Jindabyne



Fourth Sunday in Ordinary Time, Year A

1 February 2026

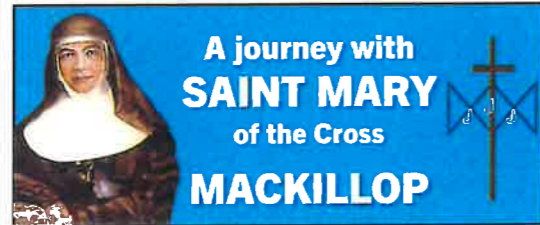
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WEEKEND MASS & LW&HC TIMES
Adaminaby
No Mass until further notice
Berridale
2nd & 4th Sunday
Vigil Mass Saturday 3.30pm
All other Sundays
LW&HC 10am Sunday
Cooma
Mass Sunday 10am
Mass Tue, Thu & Fri 10am
Except 3rd Friday of month
Mass Yallabee Lodge 9.30am
Mass Hudson House Respect 11am
Jindabyne
Vigil Mass Saturday 5pm
Except 5th Sunday
LW&HC 5pm Saturday
Nimmitabel
1st Sunday
Vigil Mass Saturday 3pm
All other Sundays
LW&HC at 5pm Saturday
Numeralla
2nd Sunday LW&HC 5pm
4th Sunday Mass 5pm

POPES INTENTION FEBRUARY

For children with incurable diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.



Mary MacKillop Memorial Chapel, North Sydney, blessed & opened by Archbishop Michael Kelly. 18.1.1914

Much that is hidden from us is known to God, and many things which we condemn are pleasing to God because God sees the motives and we see only the result. (Book of Customs)

Mary MacKillop visits New Zealand convents, 1894 till 1895.



Lenten Program 2026-

Compassio Artwork

Order's open now for Lenten Booklet \$10
Please add name's to list in Church foyer this weekend if you would like a copy.

Thank you.

PARISH CALENDAR

Week 2 Feb 2026

- MON** -the Presentation of the Lord -
- TUE** 10am Mass
- WED** Bombala Parish 12.30pm
- THU** 10am Mass
- FRI** 10am Mass
- 2nd Sunday of the Month*
- SAT** **3.30pm Berridale Mass**
5 pm Jindabyne Mass
- SUN** **10 am Cooma Mass**
5 pm Numeralla LWHC

REMEMBERING THEIR FAITH AND LOVE

We pray for For those who have recently departed this life;

Peter Upton, dearly loved brother of Julie and Richard; Magid Sukkar; Luigi Giuliani - brother of Nick, memorial service on 7 Feb 2026 at St Patrick's Cooma.

Anniversaries & Intentions

for those anniversaries is remembered at this time, and special prayers requested, may they be welcomed into the glory of the Risen Lord and rest in eternal peace. We pray to the Lord.

John Alexander, Peter Swain, Nancy Norton, Debbie Tozer & Keith Tozer, Shirley Blyton

**"We have loved them in Life:
Let us not forget them in death."**



For the sick within our families, friends and parish community

and all who have asked for our prayers, may they be granted strength, comfort and healing. We pray to the Lord.



FEBRUARY - MONTH OF THE HOLY FAMILY

The Holy Family is a model for all families everywhere because God the Father made it so. He could have sent Jesus to earth in any number of ways, but He chose to place Jesus in a family with a father and mother. In addition, the Holy Family is a model for domestic life. When we centre our family life on Christ and live the life of the Church in our homes, this is referred to as the domestic church. The Holy Family is the icon of the domestic Church, called to pray together. The family is the domestic Church and must be the first school of prayer....pray together as a family at the school of the Holy Family of Nazareth and thereby really to become of one heart and soul, a true family."



Prayer of the Faithful

Response: (R)
Lord, hear our prayer

PRIEST: God's Word nourishes our spirit and sustains us in our journey through life. Strengthened by its teaching we turn to the Lord for our needs.

COMMENTATOR:
For the grace to be poor in spirit, that we may recognize our poverty wherever God is not at the centre of our life and decisions. (pause) We pray to the Lord.

For conversion of our hearts: that we may walk humbly and honestly in God's presence each day. (pause) We pray to the Lord.

For peacemakers, those who promote dialogue and understanding within families or between nations or racial groups, that God will bless and make fruitful their efforts. (pause) We pray to the Lord.

For all who show mercy, for those who care for the sick and elderly, for those who assist in any kind of need: that the face and love of God may continue to shine through them. (pause) We pray to the Lord.

For the teachers and students in our Cooma schools as they begin their new academic year this week: May all involved in the education of our young people, and the children themselves, work together to make our schools places of learning, tolerance and acceptance. (pause) We pray to the Lord.

For those who have died, and for all who mourn them: we remember especially those killed in the outbreaks of senseless terrorism. May they know forever the love of the God who has called them to share in the intimacy of his own family. (pause) We pray to the Lord.

For Peace, especially in Ukraine as we pray with Mary the Queen of peace: Hail Mary.....

PRIEST: God of all consolation, your son is the way to life. Help us to follow his teaching in how we live and in what we value. We ask this through Christ our Lord. Amen

READINGS FOR NEXT SUNDAY

The Fifth Sunday in Ordinary Time-Year A

First Reading: [Isaiah: 58: 7-10](#)
Second Reading: [1 Corinthians 2: 1-5](#)
Gospel: [Matthew 5: 13-16](#)

***ATTENTION PLEASE ***

ROSTERS ARE BEING OVERHAULED

If you would like to be on a Roster please see Fr Mark or Sharon this week. If we do not hear from you, your name will be not appear. It is extremely important you make contact to continue your invaluable Ministry to our Church. Thank you for your continued support and we look forward to hearing from you this week and welcome many new volunteers to our Ministry services.

Reader/Acolyte/Eucharistic Minister/ Usher/
Cleaner/ Linen/ Hospital/ counters/Altar servant.

NAME:..... Phone:

A Guy Takes His Girlfriend to Her First Football Game.

They had great seats right behind their team's bench.

After the game, he asked her how she liked the experience.

"Oh, I really liked it," she replied, "especially the tight pants and all the big muscles, but I just couldn't understand why they were killing each other over 25 cents."

Dumbfounded, her date asked, "What do you mean?"

"Well, they flipped a coin, one team got it, and then for the rest of the game, all they kept screaming was, 'Get the quarterback! Get the quarterback!' I'm like, hello? It's only 25 cents!"

SACRAMENTAL PROGRAM * 2026 *

If your child or grandchild is 7-12 years and wishing to enrol in this year's Sacramental program please see Fr Mark Croker for a registration form after mass.

This program includes the Sacrament for Reconciliation, First Holy Communion and Confirmation. dates for each will be advised.