



CATHOLIC PARISH CENTRES OF PAMBULA

Parish Bulletin

Fourth Sunday in Ordinary Time, Year A 1 February 2026

Our mission as a Christian community of the Catholic Parish Centre's of Pambula is enlightened and inspired by the Holy Spirit, is to be salt and light through the loving way of our words, actions and respect for the dignity of all, so that others may experience the love of Christ. We acknowledge the Yuin people and honour Elders past, present and emerging, and all First Nations peoples worldwide.

PARISH CONTACT DETAILS

Parish Priest

Fr Kuriakose Chennelil Joseph MS (Fr Kose)
kose.joseph@cg.org.au
Phone: 0470 498 321

Parish Office

Open to the public on Wed & Fri from 10am-2pm

Parish Secretary

Mrs Su Chantler
Phone: 0435 036 236 or 02 6495 0683
Email: pambula@cg.org.au
Web: www.cg.org.au/pambula
Address: 79 Main Street / PO Box 249
Merimbula NSW 2548

Parish Centres

Merimbula: St Joseph's
Pambula: St Peter's
Eden: Our Lady Star of the Sea

Sisters of St Joseph

Sr Marie Carson

Parish Council Chair

Mrs Bernadette Wood

Liturgy Coordinator

Ms Sue Heffernan

Finance Chair

Mr Michael Wood

Parish Safeguarding Volunteer

Mr Philip Roach
pambula.safeguarding@cg.org.au

Lumen Christi Catholic College

Mr Shane Giles 02 6495 8888

PARISH INFORMATION

Reconciliation (Confession)

Merimbula: Friday before Mass,
Eden: Saturday before Vigil Mass
Pambula: Wednesday before Mass
At any other time by request

Anointing of the Sick

Eden: Thursday 26 February 10am
Merimbula: Friday 27 March 10am
Pambula: Wednesday 29 April 10am

Sacrament of Baptism

Families are warmly invited to celebrate the Sacrament of Baptism in our parish. A Welcoming Mass is held on the 4th Saturday/Sunday of the month prior to Baptism, with the Baptism celebrated during Mass on the 1st Saturday/Sunday of the following month. For all enquiries and Baptism preparation arrangements, please contact the Parish Office.

Weddings

By appointment only: Minimum 6 months advance notice.

Adoration

Merimbula: Friday 9am followed by Mass at 10am.

Divine Mercy Chaplet

Merimbula: Sunday 9:30am & Friday 9am

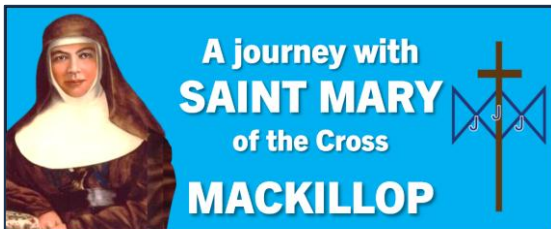
Rosary

Merimbula: Cenacle & Holy Hour 11am Monday
Pambula: Wednesday 9:30am
Eden: Thursday 9am followed by Mass at 10am.



PARISH CALENDAR/MASS TIMES

Tuesday: 5pm Merimbula
Wednesday: 10am Pambula
Thursday: 10am Eden
Friday: 10am Merimbula
Saturday: 5.30pm Eden
Sunday: 8am Pambula
10am Merimbula



A journey with
SAINT MARY
of the Cross
MACKILLOP

With fondest love and praying God to bless you all and grant you a truly happy New Year. (2.1.1882)

Keep up your courage, we do not live here forever. (27.1.1877)

Do all you can to assist and love one another. (28.1.1890)

We must take things quietly and just do what our Good God enables us, and no more. (1875)

I now write, and both for myself and Sisters, beg that you will come to help us on with God's Work. (30.1.1867)

COMING EVENTS/NOTICES

3 February 2pm Albert Moore Gardens, Merimbula
5 February 11.30am Imlay House, Pambula
12 February 11.30am Uniting Age Care, Eden

New Parishioners

Could anyone new to the Parish contact the Parish Office or Fr Kose, so that the Parish has your contact details. Thank you.

LUNCHING WITH LADIES

please contact me by Monday, February 9 if you are interested in coming to lunch at Metro, market St. Merimbula on Sunday February 22
All ladies most welcome!
Teresa (0408 827 794)

Amendment consent for the sale of parish land

Back in April 2025 the Parish Finance Committee asked for your consent to sell the excess non income land behind St Peters church Pambula for the purpose of investing the money into residential properties to generate income for the Parish and to build a new Parish Centre. The Finance Committee has since decided to concentrate on the residential properties only and put the Parish Centre on hold depending on finances. The Finance Committee require your consent in order to tender the projected plan to the Trustees of the Archdiocese of Canberra and Goulburn for approval.
If you have any concerns, please contact Fr Kose

Lenten Discussion Group

A Lenten Discussion Group will commence on Monday, **16 February, at 12.30 pm**, in the Parish Meeting Room. Please register your interest by contacting Anne on 0408241230.

Special Mass – Presentation of the Lord

A special Mass for the Presentation of the Lord will be celebrated on Monday, **2 February at 10am**, at St Joseph's Church - Merimbula.

This Mass will include the **Blessing of Candles**. Parishioners are warmly invited to bring a candle to be blessed and to join in this special celebration.
All are most welcome.



SOLEMNITIES/FEAST DAYS

2 February (Monday) The Presentation of the Lord
18 February (Wednesday) Ash Wednesday
19 March (Thursday) St Joseph, spouse of the blessed virgin Mary



PRAYER INTENTIONS



We pray for all the faithful departed or whose anniversaries occur including:

Shirley Aldridge, Lynette Robert, JGanette Robert, Murray Beveridge, Dragan Pelt, John Reynolds, Jenny Reynolds, Frank Elton, Sr June Bath rsj, Marykutty Joseph, Robert Gianfrotta, John Tela, Warwick Glendenning, Hugo, Tom Kennedy, Damien Lambourne

Let us pray for and support those who are sick and for all who have asked for our prayers:

Pat Wong, John Liston, Jocelyn Petty, Ros Beveridge, Mary Scanlan, Anne Cooper, Monica Paffen, Garry Moorhead, Cristina Embac, Beverley Ann Barr (The list will be refreshed every first week of the month. If you would like the names to continue, please inform the Parish office via email or phone)

COLLECTIONS

Last Week Collection:

First: \$1384.45 - Support Clergy in Parish & Archdiocese
Second: \$1630.80 - Support running the Parish

Planned Giving Collections:

THANK YOU to ALL parishioners who continually support our Parish through our plate collections at Mass, through the envelopes and direct banking. Without your financial help our Parish could not continue to function.



Catechism Corner

What is Baptism?

Baptism is the way out of the Kingdom of death into life, the gateway to the Church and the beginning of a lasting communion with God.

Funeral Notice

The funeral for Late Damien Lambourn will be held on **Friday 6 February 2026** at 2pm at Our Lady star of the Sea in Eden. Please pray for his soul and for God's comfort for his family.



St Peter's Parish is committed to safeguarding and upholding the dignity and rights of all children and vulnerable people. We seek to empower children, their families and carers, and vulnerable people to have their say, to be listened to and to be protected. This approach is at the centre of all of our thinking.
COMMUNICATING CONCERNS: You are encouraged to raise any concerns by emailing Fr Kose, the Parish Office, the Parish Safeguarding Volunteer or directly to Maria Hicks at the Institute Professional Standards & Safeguarding (IPSS) on ipss@cg.org.au

27 February – 1 March | Lenten Retreat: Meeting Christ in Our Deepest Need

You are invited to a 3-session Lenten retreat, Meeting Christ in Our Deepest Need: A Lenten Journey, facilitated by Greg Sunter. Greg is an experienced facilitator with a strong background in small-group ministry. Holding Master's degrees in Theology and Education, he helps people engage deeply with Scripture, grow in prayer, and connect faith with daily life. He is well known for his parish newsletter gospel reflections, which explain Scripture in its historical and cultural context and relate it to contemporary lived experience.

More about Greg: <https://www.wholehearted.com.au/about/>

Greg will reflect on this year's Lenten Gospels and there are times for personal reflection and optional sharing. Everyone is welcome no prior study needed and no pressure to speak.

Time:

Friday 27th February 6.30 pm - 7.30 pm

Saturday 28th February 10 am -11 am

Sunday 1st March 4.30 pm - 5.30 pm

Place: 25 Blackham St, HOLT ACT 2615

Cost: \$20 for all 3 sessions

Register: belconnenwest@cg.org.au



Sapientia

Single adults, 18-35 years of age, are invited to join the Dominican Friars and Sisters for this weekend retreat of prayer, formation, and fellowship.

13-15 February 2026
St Mary's Towers Retreat Centre
Douglas Park

For more information or to register:
www.trybooking.com/DHJBL
or email the Sisters at
sydney@op-tn.org.



LENT 2026 WITH THE CATHOLIC GUY, BRUCE DOWNES

Lent is a time when we can grow closer to God and prepare our hearts for the true meaning of Easter. Be inspired. Be refreshed. Be renewed!

For 40 days you will receive a short, practical and inspiring video in your inbox every morning to help you make this Lenten journey more powerful and prayerful. This program is

FREE and you can sign up here:

<https://brucedownes.org/lent-2026-sign-up/>

Go to BruceDownes.org for more information.



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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!

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.'

mtate@bigpond.com

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