

## FROM THE ARCHDIOCESE

### COMMITMENT STATEMENT

The emotional, physical and spiritual safety, well-being and dignity of Children and Adults is an integral part of the teachings and values of the Catholic Church. The Archdiocese is wholly committed to ensuring the safety, well-being and dignity of all Children and Adults at Risk, and acknowledge its important legal, moral and spiritual responsibility to create a safe and nurturing environment for those Children and Adults.



**CHILD SEXUAL ABUSE IS A CRIME.** The appropriate people to deal with crimes are the Police. If you, or anyone you know, have been abused, please contact the Police. Alternatively, you can contact the Safeguarding and Ministerial Integrity Office on phone (02) 9390 5810 or via email [SafeguardingEnquiries@SydneyCatholic.org](mailto:SafeguardingEnquiries@SydneyCatholic.org). You may also want to speak to your Parish Priest. The Archdiocese of Sydney has a legal obligation to report crimes to the Police.

### WORKING WITH CHILDREN CHECK CLEARANCE

You must keep your personal details up to date so that you can be contacted about your Working with Children Check (WWCC). Go to <https://ocg.nsw.gov.au/working-children-check/apply-wwcc/update-or-upgrade-your-wwcc-details> for more information. Please provide the Parish office with a copy of your WWCC. Thank you.

## The Catholic Weekly

IN THIS WEEK'S EDITION

- Catholics honoured in the Australia Day awards.
- Thousands gather for Eucharistic procession in Punchbowl.
- Remembering Dame Marie Bashir.
- Veteran Catholic journalist John Allen loses cancer battle.
- Week-long Theology of the Body course inspires.
- Comment: The limits of hate speech laws.

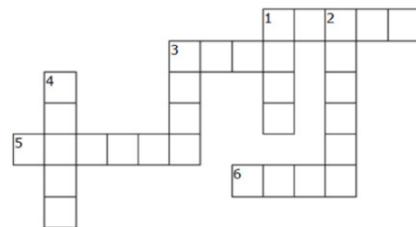
Copies available at the entrances for \$2.00. Proceeds to St Vincent de Paul

## KIDS CORNER

### The Beatitudes

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me." Matthew 5:11 (NIV)

Based on Matthew 5:1-12



#### ACROSS

- To show great kindness toward others
- To be without any faults; without sin
- A need for food
- To feel happiness, joy and pleasure

#### DOWN

- To be humble in spirit or manner
- A payment received in return for doing good deeds
- Having little money or few possessions
- To feel sadness

REWARD	POOR	MOURN	MEEK
HUNGER	PURE	GLAD	MERCY

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## UPCOMING EVENTS

### FEAST DAYS OF FEBRUARY

#### Month of The Holy Family

- SUN 1 FEB—St Brigid of Ireland
- MON 2 FEB—The Presentation of the Lord
- TUE 3 FEB—St Ansgar; St Blaise
- WED 4 FEB—St Aldate
- THU 5 FEB—St Agatha
- FRI 6 FEB—Sts Paul Miki & Companions
- SAT 7 FEB—St Lorenzo Maiorano
- SUN 8 FEB—St Jerome Emiliani; St Josephine Bakhita
- MON 9 FEB—Bl Anne Catherine Emmerich
- TUE 10 FEB—St Scholastica
- WED 11 FEB—Our Lady of Lourdes
- THU 12 FEB—St Anthony Kauleas
- FRI 13 FEB—St Vermondo of Meda
- SAT 14 FEB—Sts Cyril & Methodius
- SUN 15 FEB—St Agape of Terni



### MASS AND BLESSING OF THE SICK

SUN 8 FEB, 2:30PM, OUR LADY OF LOURDES EARLWOOD

Join us for a special day of prayer and healing at the Our Lady of Lourdes Grotto, Earlwood. Rosary starts at 2:30pm, Mass and Blessing of the Sick at 3:00pm with Bishop Brady. In case of extreme weather, the Mass will be held in the church. All welcome.



with THE DOMINICAN SISTERS OF SAINT CECILIA

seek His face

HOLY SACRIFICE OF THE MASS • EUCHARISTIC ADORATION • CONFESSIONS  
• TALKS FROM THE DOMINICAN SISTERS • BREAKOUT SESSIONS • CATHOLIC STALLS

OPTION 1  
SATURDAY 28 FEBRUARY 2026  
9AM-4PM | ST MARY'S CATHEDRAL

OPTION 2  
SATURDAY 14 MARCH 2026  
9AM-4PM | ST MARY'S CATHEDRAL

TO REGISTER  
[WWW.TRYBOOKING.COM/DIBPT](http://WWW.TRYBOOKING.COM/DIBPT)

CATHOLIC WOMEN'S NETWORK | DOMINICAN SISTERS OF Saint Cecilia | Sydney Catholic Schools



We are called to reach out to everyone with the Love of God.

## NEWSLETTER

1 FEB 2026 | Number 270



### ST JOSEPH'S PARISH

763 Canterbury Road, BELMORE, NSW 2192  
Parish Priest: FR ITA KOLOAMATANGI  
Assistant Priest: FR FALAKIKO AFU  
Deacon: REV. CHRISTOPHER ROEHRIG  
Phone: (02) 9759 1280  
Email: [admin@StJosephBelmore.org.au](mailto:admin@StJosephBelmore.org.au)  
[Facebook.com/StJosephBelmore](https://www.facebook.com/StJosephBelmore)  
Web: [www.StJosephBelmore.org.au](http://www.StJosephBelmore.org.au)

### MASS TIMES:

Mon—Sat: 9:00am  
Sat: 5:30pm Vigil Mass  
Sun: 8:00am & 10:00am  
Youth Mass: 7:00pm  
(First Friday of the Month)  
Tongan Mass: 2:00pm  
(Last Sunday of the Month)  
Filipino Mass: 3:00pm  
(First Sunday of the Month)

RECONCILIATION: Wed 6:00pm-6:45pm,  
Sat 4:00pm-5:15pm

### ADORATION & BENEDICTION:

Wed 6:00pm-7:00pm  
Baptisms, Weddings & Funerals by appointment, please contact the office.

### TONGAN CATHOLIC CHAPLAINCY

763 Canterbury Road, BELMORE, NSW 2192  
Priest: FR ITA KOLOAMATANGI  
Assistant Chaplain: FR FALAKIKO AFU  
Ph: (02) 9145 2892  
Email: [admin@TCCAustralia.org.au](mailto:admin@TCCAustralia.org.au)  
Social: [Facebook.com/TCCAustralia1](https://www.facebook.com/TCCAustralia1)  
Web: [www.tccaAustralia.org.au](http://www.tccaAustralia.org.au)

### ST JOSEPH'S CATHOLIC PRIMARY SCHOOL

8 Wilson Avenue, BELMORE, NSW 2192  
Principal: MRS KELLY PISANI  
Ph: (02) 9759 1154  
Email: [info@StJBelmore.catholic.edu.au](mailto:info@StJBelmore.catholic.edu.au)  
Social: [Facebook.com/StJosephsBelmore](https://www.facebook.com/StJosephsBelmore)  
Web: [www.StJBelmore.catholic.edu.au](http://www.StJBelmore.catholic.edu.au)



### MONTH OF THE HOLY FAMILY

## FOURTH SUNDAY IN ORDINARY TIME - YEAR A

### REFLECTION FOR TODAY

#### THE CALL TO BEATITUDE.

—MyCatholic.life

The Beatitudes call us to the heights of morality and holiness. Those who live according to these divine precepts are blessed beyond measure. The promises to those who live this high calling are great: They become children of God and inherit the Kingdom of Heaven. Furthermore, they receive comfort, satisfaction, mercy, purity, and peace. Though the rewards are great, so are the requirements: spiritual poverty, holy sorrow, meekness, longing for righteousness, a merciful heart, purity, peacemaking, and patient endurance during persecution.

The Beatitudes reveal the culmination of God's moral teaching and the highest revelation of the Christian life. To fully appreciate their significance, it is helpful to understand the history of moral revelation. Doing so is more than a history lesson on God's deepening revelation, it also reveals the path for our spiritual journey toward perfection.

Morality begins with the Natural Law—the innate understanding of right and wrong written on the human heart. This Law is from God and is often described as living in accord with right reason or common sense. All people have access to this moral law within their own consciences, enabling them to recognize God as the Creator, honour Him, respect human dignity and the common good, and refrain from acts such as murder, theft, and deception. Though universally present in all people, sin and our fallen human nature cloud our ability to clearly see and follow that law.

In the Old Testament, God slowly revealed Himself and called His people to greater holiness and moral living by adding to the Natural Law through revelation. From Abraham and his descendants, God raised up Moses through whom He revealed the Ten Commandments—a concise moral code rooted in Natural Law but explicitly revealed by God that called His chosen people to right worship, justice, and love for one's neighbour.

Through the prophets—such as Isaiah, Jeremiah, and Ezekiel—God called Israel to move beyond mere external observance of the law to an interior conversion of heart. Isaiah emphasized the virtues of justice and mercy, Jeremiah prophesied a new covenant in which God's law would be written on the hearts of His people, and Ezekiel promised that God would give His people a new heart and a new spirit, enabling them to follow His statutes.

The wisdom literature—Psalms, Proverbs, Ecclesiastes, Wisdom, Sirach—deepened the understanding of moral life by revealing moral gifts, such as the Fear of the Lord, the blessedness of righteousness, and the call to trust in God's providence and live a virtuous life.

The Beatitudes elevate all laws of the Old Covenant. Jesus not only calls us to profound holiness, He also provides the means to achieve it through His Sacrifice, transmitted through the grace of the Sacraments. To live the Beatitudes is to live in imitation of Christ, who perfectly embodied all virtues in His life, Passion, and Resurrection. Hence, the Beatitudes are not only a moral code we must follow, they are a participation in and union with the Son of God, Who lived the Beatitudes to perfection.

As we ponder the Beatitudes, reflect today on their high and glorious calling, as well as their rewards. Sometimes, reading the Beatitudes can leave us discouraged, as we are aware of how far we are away from perfecting them. Dispel discouragement and know that these new divine precepts are attainable by grace. Set your eyes on the heights of perfection and open yourself to the abundant grace offered. Doing so will not only result in glorious spiritual rewards in this life, it will also result in the greatest eternal rewards in Heaven.

*Lord of perfection, You lived the Beatitudes to the fullest during Your life on earth and continue to manifest those perfections from Heaven. Please open my heart to Your grace and fill me with Your Holy Spirit, so that I may answer the call to the new and glorious moral state to which I am called. Empower me to live fully immersed in and guided by Your Sacrificial Love. Help me to inspire others to embrace this path of holiness, so that we may journey together toward the eternal joy of Your Kingdom. Jesus, I trust in You.*

### MISSION STATEMENT

*Our mission is to find ways, centred on the love of God, to provide a welcoming Parish, a place of spiritual nourishment, and a home to a community that supports everyone and encourages them to contribute their gifts.*

## READINGS OF THE DAY

### FIRST READING

#### A READING FROM THE PROPHET ZEPHANIAH

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.

The word of the Lord.

### RESPONSORIAL PSALM

Ps 145:7—10

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

1. It is the Lord who keeps faith for ever, 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

#### A READING FROM THE FIRST LETTER OF ST PAUL TO THE CORINTHIANS

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.

The word of the Lord.

### GOSPEL ACCLAMATION

Alleluia, alleluia!

Rejoice and be glad:  
your reward will be great in heaven.

Alleluia!

### GOSPEL

#### A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW

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'.

The Gospel of the Lord.



NEXT WEEK: 8 FEB 26—FIFTH SUNDAY IN ORDINARY TIME—YEAR A

### READINGS:

Reading 1: Isaiah 58:7—10

Responsorial Psalm: Ps 111:4—9

Reading 2: 1 Corinthians 2:1—5

Gospel: MATTHEW 5:13—16

The Word of the Lord



## PARISH / LOCAL NEWS

### LET'S KEEP OUR CHURCH CLEAN

**VOLUNTEERS NEEDED**

#### Our church is cleaned by volunteers.

Please place any rubbish you have into the bins at the entrances, or take them home with you. If you can help clean our church, inside & outside, please contact the office on 9759 1280 or email [admin@StJosephBelmore.org.au](mailto:admin@StJosephBelmore.org.au).

Thank you for keeping our church clean.



### SACRAMENT OF RECONCILIATION—REMINDER

During Holy Hour (Adoration & Benediction) from 6:00pm to 7:00pm every Wednesday evening, Father will also be available for confession. All Welcome.



### St Joseph Belmore

# YOUTH Group

Youth Mass - 7:00pm

Friday 6 February (First Friday Devotion)

Light Refreshments afterwards in the Hall. All Welcome.



### Five First Saturdays

\* Make a good Confession to be in a state of grace.

\* Receive Holy Communion with the intention of Reparation for the sins against the Immaculate Heart of Mary. The Communion of Reparation is the central act in making the Five First Saturdays.

\* Pray the five decades of the Rosary with the intention of Reparation to the Immaculate Heart of Mary.

\* Keep Jesus and Mary company for 15 minutes while meditating on one or more mysteries of the Rosary.

*In the End, My Immaculate Heart Will Triumph*

\*\*\* Confessions on Saturday 6 February from 4:00pm to 5:15pm.

### CATECHIST SUNDAY—1 FEBRUARY 2026

ST JOSEPH PARISH BELMORE—10:00AM MASS

All are welcome, please join us.



If you would like to become a Catechist, please contact Myrna on 0490 410 896. Thank you.

### Prayer Requests & Special Intentions

Please contact the Parish Office for your prayer requests and intentions.

Email: [admin@StJosephBelmore.org.au](mailto:admin@StJosephBelmore.org.au) Phone: +61 2 9759 1280

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.



### DEATH ANNIVERSARY—FEBRUARY

1<sup>st</sup>—Cliff I. Doman; Santana Virtu; Mauro L Aguiar; 2<sup>nd</sup>—Thomas P Jones; Br. Alfred Dolabenty FMS; Antonio Pruscino; Seham Basil; Eugenie Jones; Elizabeth Rolls; Cecilia Doris Jones; 3<sup>rd</sup>—Ruby Lane; 4<sup>th</sup>—Myrine Needs; Maudie Huon; 5<sup>th</sup>—Edward J Greer; Jennie Morrissey; 6<sup>th</sup>—Charles Summer; Phillip Chahoud; 7<sup>th</sup>—Rupert J Toohey; Joseph P Sherry; Hilary J Sherry; 8<sup>th</sup>—Giuseppe Vespa; 9<sup>th</sup>—Bartolo D' Ambra; Patrick S.Y. Leung; Secondo Forner; 10<sup>th</sup>—John Formosa; Mary Rose Fenech; Mario Quessy; 12<sup>th</sup>—Helen Ann Bache; 14<sup>th</sup>—Ena G Muir; Ruth Hutch; Romeo Estep; George Saouma; 15<sup>th</sup>—Natirida Deguma; 16<sup>th</sup>—George Stambouliah; George Saouma; 18<sup>th</sup>—John W Dowe; Joe Vella; Segundia Castro; Maria Paula Lesta; 19<sup>th</sup>—Mavis Beachamp; Patrick Coulbourne; Alick Coorey; 20<sup>th</sup>—Gerard J Rochecoust; Henry Beachamp; 21<sup>st</sup>—Noura Khoury; Kathleen Mitchell; George B Melanie; Gerard Rochecouste; 22<sup>nd</sup>—Grant Barnes; 23<sup>rd</sup>—Sydney Mitchell; Charles Morris; 24<sup>th</sup>—Keith Pocock; 26<sup>th</sup>—Len Rees; Reginald Deeham; Marion Lawson; Joseph Karim Afif; 27<sup>th</sup>—Edna Higginson; 28<sup>th</sup>—Edward Farrel; Joseph A Gilles; Delor F Salmon.

### Volunteers Needed

#### CAN YOU HELP?

We need your help especially during our Sunday liturgies. If you're able to, please send your details to the Parish Office via email: [admin@StJosephBelmore.org.au](mailto:admin@StJosephBelmore.org.au) stating which ministry you'd like to help—

Collector, Lector, Choir, Eucharistic Minister etc.

For more information / registration details, go to: <https://Liturgy.SydneyCatholic.org/ministry-training-formation/> or scan the QR code.

Thank you for your support and God bless you.



# BACK TO SCHOOL

SCHOOL ZONE

8 - 9<sup>30</sup> AM

2<sup>30</sup> - 4 PM

SCHOOL DAYS

40

Our school children are back, so please drive carefully around our schools. Thank you.



### MASS ON THE FEAST OF THE PRESENTATION OF THE LORD

MON 2 FEB, 7:00PM, ST JOSEPH BELMORE

On Monday, we will have Mass at 9:00am as per usual and at 7:00pm.

Please join us as we celebrate Candlemas for the Presentation of the Lord, 40 days after his birth. All welcome.

### SACRAMENT OF RECONCILIATION PROGRAM 2026

DATE	EVENT
NOW	Commencement of Registration
Mon 18 Feb	Final Date of Registrations
Wed 18 Feb – 7:00pm	Parent Information Evening in the Hall
Sat 28 Feb – 5:30pm	Enrolment Mass Please bring your child's enrolment card with you
Sat 28 Feb – after Vigil Mass	Session One (all one hour sessions are held in the Hall)
Sat 7 Mar – After Vigil Mass	Session Two
Sat 14 Mar – After Vigil Mass	Session Three
Sat 21 Mar – After Vigil Mass	Session Four
TUE 24 MAR – 7:00PM	CELEBRATION OF THE SACRAMENT OF RECONCILIATION

NOTE: It is a requirement for all candidates along with at least one parent / guardian attend and participate in ALL sessions, except the Parent Information Evening.



### MASS INTENTIONS

Parishioners who are sick. Our Elderly Parishioners.

Parishioners celebrating their birthdays.

### REPOSE OF SOULS

Souls of our dearly departed family members.