



THE SAVING WORD

FOURTH SUNDAY IN ORDINARY TIME / A

1 FEBRUARY 2026

FIRST READING

Zeph 2: 3; 3: 12-13

A reading from the prophet Zephaniah

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! (or **Alleluia!**)

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

1 Cor 1: 26-31

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

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

Mt 5: 12

Alleluia, alleluia!
Rejoice and be glad:
your reward will be great in heaven.
Alleluia!



The Parish of St Joseph's, Elsternwick & Holy Cross, Caulfield South
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PARISH PRIEST: Rev Fr Leenus Neetany SAC

Permanent Deacon: Rev John Lam
Parish Coordinator: Joanna Lam

ST JOSEPH'S, ELSTERNWICK

71 Orrong Road, Elsternwick 3185

Mass

Friday 10:00am, Saturday 6:30pm and Sunday 10:30am

Reconciliation

Friday after Mass, Saturday 6:00pm

HOLY CROSS, CAULFIELD SOUTH

707 Glen Huntly Road, Caulfield South 3162

Mass

Thursday 10:00am and Sunday 9:00am

Reconciliation

Thursday after Mass

ST ANTHONY'S, GLEN HUNTLY

74, Grange Road, Glen Huntly 3163

In Residence: Fr Pat Jackson SAC, Br Lindsay Rust SAC

Mass

Monday - Saturday 9:15am

Saturday 6:00pm

Sunday 9:00am, 11:00am, 5:00pm

Reconciliation

30-mins before all Masses & Saturday 9:45-10:10am

Thanksgiving & Special Collections

Church: \$TBA Presbytery: \$TBA
Special Collection: -

Thanksgiving



Next Week's Roster

Lectors:

Saturday 6:30pm S Bettoni

Sunday 9:00am S McMillan 10:30am La Bonne family

Counters: No Counting

Upcoming Week's Liturgical Calendar

Mon 2 Feb: The Presentation of the Lord

Thu 5 Feb: St Agatha

Fri 6 Feb: St Paul Miki and companions

Sun 8 Feb: 5th Sunday in Ordinary Time

Candlemas



Monday, 2nd February. Mass at 9:15am at St Anthony's. All enter the Church with blessed/lighted candles in memory of the Presentation of Baby Jesus in Jerusalem Temple (bring candles, if possible).

Blessing of Throats



Tuesday, 3rd February. Mass 9:15am at St Anthony's. On the occasion of the Feast of St. Blasé, our throats will be blessed with the two candles that are blessed on the previous day, on the occasion of the Candlemas.



Perpetual Adoration Chapel

The Adoration Chapel was built in 2018 to commemorate the Centenary Celebration of St Joseph's Church. The Chapel can be accessed 24/7 using a security tag.

Contact the Parish Office to apply for one. A refundable security deposit of \$100 will be required.

ENTRANCE ANTIPHON (Ps 105:47)

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 (Mt 5:3-4)

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

PLEASE PRAY FOR

Those who are ill*: Thanh Ninh

**Names are published for a month, unless further requested.*

Recently Deceased: -

Death Anniversary: -

Happy 90th Birthday to Fr Pat



May God continue to bless you with good health and keep you in good cheer today and always!
Many happy returns of the day!

We will celebrate Fr Pat's 90th Birthday on 1 February with Mass at 11am in St Anthony's Church.

This is a joint event by the sister Parishes of St Joseph's & Holy Cross and St Anthony's & St Aloysius.

A birthday card for Fr Pat is placed in our Church foyer for everyone to sign.

Upcoming Programs for Youth & Young Adults

Stay tuned for details of the following events:

Leaders Training

Saturday 14 February 2026 - An opportunity for youth leaders and those accompanying young people to be equipped, encouraged, and supported in their ministry.

ACYF Reunion

'Were not our hearts burning?' Saturday 28 February 2026. A retreat to remember, reconnect, pray and celebrate what God has been doing since ACYF.

Project Compassion

Project Compassion Boxes are now available in the church foyers. Please take one as well as for anyone who is unable to come to church.



Trivia Lunch - 11th February 2026

Join us at the Holy Cross Parish Hall every 2nd Wednesday of the month at 12-noon. Bring your own lunch and enjoy the Trivia session and a catchup. All are welcome.

Rite of Christian Initiation of Adults

The RCIA Sessions resumes on Thursday, 15th January at 6.30pm. The sessions are held at St Joseph's Presbytery, 71 Orrong Road, Elsternwick.





The Combined Societies of Mary welcomes everyone to a beautiful celebration in honour of **Our Lady of Lourdes** on Sunday 8th February 2026 at Holy Cross Church, 707 Glen Huntly Road, Caulfield South.

1:30pm Adoration, Prayers, Benediction, followed by Healing Mass and Priestly blessing with Lourdes Water.

Procession with first Class Relic of St Bernadette.

For further info: Joy Hunt 95092207 www.combinedsocietiesofmary.com

Tony's Café Report for 2025

The Café started in 2009 in the Parish Hall run by volunteers from St Anthony's and the wider community. We help the many people are doing it tough, struggling in many ways, worn out by the pressures of their lives. We provide hot meals, vegetables, fruit and non-perishables every Tuesday from 12.30-1.30pm and Thursday 3-5.30pm. In 2025, numbers have grown dramatically and we are now serving over 300 meals each day.

We have about 60 fabulous volunteers and as you can imagine we need every one of them. The bread is delivered and sorted. The van is driven to Food Bank in Altona and loaded until it is packed tight. At Tony's Café the waiting tribe of volunteers help sort it all out for the guests. There is a choice of vegetables, fruit, perishables and non- perishables. In the meantime, people are peeling the vegetables in the kitchen; the cooks are preparing the meat/fish/sausages or whatever; cooking starts and 300 meals are under way. There are also those who bake and bring in cake or muffins. These are very popular. When everything is settled, the bags are organised for the volunteer drivers who deliver meals to people who find it difficult to get out. We have 28-30 people who need deliveries.

We celebrate everything. At Easter it's an Easter Egg; Mother's or Father's Day a small gift; Grand Final Day a pie and sauce; Cup Day it is a sweep; what else could it be? On birthdays, we have cake and candles. One lady, about 60 told me she hadn't had a birthday cake since she was 21!

In 2025 two of our men died. Bernie had a heart attack. Daniel had cancer. Volunteers Glenda and John helped him to reunite with his family before he died. It was wonderful to see.

Our 2025 expenses were \$34,749.82. With the help of your prayers, donations, fundraising and two grants we covered this. I would like to thank all the volunteers who give their time, hard work and financial support, keeping us afloat. Thanks to St Anthony's School children, the Star of the Sea girls and other young people. You are all a great help. Our guests are very pleased to see your smiling faces and hope to see you all again.

We believed 16 years ago that God wanted us to start feeding the poor and needy and He would keep His hand on Tony's Café. During this time, He has shown us His generosity and love for all people. This is what I see in all of you as you serve Him here, physically, financially, spiritually. The guests really appreciate what you do for them.

Thank you all for your witnessing to God's love, you are just so wonderful.

Love Gwen.

Welcome Back to School

We welcome back all the staff and students of St Anthony's and St Joseph's Schools.

A big welcome to all the new comers especially the new principal of St Anthony's, Mr Rudolf Lameijn.

We wish them all the best for 2026.

We also wish Mrs Margaret Carlei a happy retirement.

4th Sunday in Ordinary Time

The Beatitudes

"We need to build up society in the light of the Beatitudes, walking towards the Kingdom with the least among us."
Pope Francis
Millennium

What must one do to be a Good Christian? The answer is simple: we have to do, each in our own way, what Jesus says in the Beatitudes.
-Pope Francis

"The Beatitudes show us the path that leads to the Kingdom of God and to happiness: the path of humility, compassion, meekness, justice and peace. To be a saint is to walk on this road."
- Pope Francis



The Beatitudes are a roadmap for our life: they invite us to keep our hearts pure, to practice meekness and justice, to be merciful to all, to live affliction in union with God.
February 5,2019

"The joy promised by the Beatitudes is the very joy of Jesus himself: a joy sought & found in obedience to the Father, and in the gift of self to others."
- St. John Paul II

The Beatitudes have often been called the be attitudes. They describe a state of mind and heart that is contrary to human nature. The fact is, the Beatitudes are so in contrast to human nature that we can't be like them without supernatural help. We can only experience a lifestyle that manifests these attitudes by letting Jesus, Himself, live in us and through us.

Steve Simms
The Joy Of Early Christianity

"And the Church, if she wants to be Christ's Church, must be a Church of the Beatitudes, one that makes room for the little ones and walks poor with the poor, a place where the poor have a privileged place (cf. Jas 2:2-4)."

Pope Leo XIV
Oliver Teno, 21



The Beatitude Life

THE POOR IN SPIRIT

Embracing our need for God.

THE MOURNERS

Experiencing God's comfort in our pain.

THE MEEK

Choosing humble submissiveness over ambition and authority.

THE HUNGRY FOR RIGHTEOUSNESS

Longing for God to make all things new.

THE MERCIFUL

Extending God's incredible compassion and mercy.

THE PURE IN HEART

Making our hearts fully God's, in all we think, say and do.

THE PEACEMAKERS

Bringing healing, togetherness, and fullness to our world.

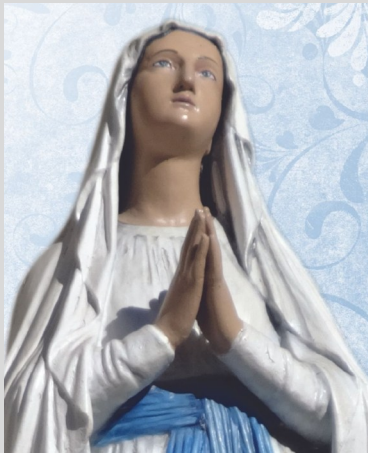
THE PERSECUTED

Following Jesus no matter what the cost.

Q: Who was the greatest financial planner in the Bible?

A: Pharaoh's Daughter, because she went down to the Bank of the Nile and pulled out a profit.

Lourdes Day Mass for the Sick & Infirm



The Order of Malta invites you to the annual Lourdes Day Mass — an opportunity to pray for the sick and infirm, particularly those who are not able to visit Lourdes.

Mass at St Patrick's Cathedral at 10:30am on Saturday 14 February 2026. Archbishop Peter A Comensoli will be the principal celebrant.

melbournecatholic.org/events/lourdes-day-mass-2

Morning Retreat with Mary

Led by Fr Peter Ferwerda at St Anthony's, Glen Huntly on Monday 23 February.

Holy Mass at 9:15am. Confession, Cenacle Rosary, Reflection and Eucharistic Adoration followed by refreshments (tea and coffee).

For more information, email or ring the Parish Office. All welcome!



A reading from the holy Gospel according to Matthew.

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.

A SERVICE OF THE SOCIETY OF ST PAUL



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Breaking Open the Word

TRUE BLESSEDNESS

What is discipleship about? This becomes the focus of Matthew's Gospel over the next few Sundays as we turn to Jesus' first major moment of teaching, what we know as the 'Sermon on the Mount'. Jesus, like Moses in the Old Testament, gathers with his disciples on a mountain. They surround him and listen to his teaching. He teaches them about blessedness in eight 'Beatitudes'. Each Beatitude begins with 'Blessed are those...' and then names those who are blessed by God.

Some translations unhelpfully have 'Happy are those...' There is a theological distinction between being 'blessed' and 'happy'. Being happy relies on one's self-referential internal disposition. The focus of 'blessedness' is different. It is God. The Greek (*makrios*) is about God's action to those who are without status ('poor in spirit'), know their own humble status ('gentle'), seek comfort amidst life's sadness ('mourn'), are passionate for justice ('hunger and thirst for what is right'), show compassion to others ('merciful'), are thoughtfully genuine and authentic ('pure of heart'), seek to bring about peace where there is division ('peacemakers') and who suffer for their conviction to act justly with integrity ('persecuted in the cause of right').

Those named as blessed have an ultimate openness to God in all life's experiences. God will respond to them, will bless them and will allow the Kingdom (rather 'Kin-dom') to be revealed in them. The Beatitudes are framed with the promise, 'the kin-dom of God is theirs'. A final Beatitude is tacked on to the original eight. It acknowledges the suffering and persecution now experienced by Matthew's community. A lingering contemplation of any of these Beatitudes can remind us how much we are blessed by God now.

Fr Michael Trainor