

GOSPEL

Mt 5:1-12

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

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!

Welcome to
St Nicholas' Catholic Parish,
Tamworth
for the
Fourth Sunday in Ordinary Time
Word of God Sunday
Year A

1st February 2026

Fr Christopher Onuekwusi – Parish Priest
Fr Clarence Canafe – Assistant Priest
stnicholasparish@armidale.catholic.org.au ☎ (02) 6766 2228
Parish Website: <https://www.stnicholasparish.org.au/>

Parish Secretaries: Finance: Stephanie Hetherington - Mon/Tue 9-5pm
Admin: Anne Jones Wed/Fri 9-5pm Pauline Skewes Thurs 9-1pm
Parish Office hours: Monday – Friday 9am - 5pm

Catholic schools in our parish

McCarthy Catholic College	Principal: Mr Michael Whitton
☎ (02) 6761 0800	Students currently enrolled: 945
St Nicholas Primary School	Principal: Mr Peter Flynn
☎ (02) 6766 1500	Students currently enrolled: 590

ENTRANCE: 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: Let your face shine on your servant. Save me in your merciful love. O Lord, let me never be put to shame, for I call on you.

‘BLESSED ARE YOU.’ The Beatitudes are among the best known verses of the Gospel of Matthew. They offer an assurance of God’s care for those who mourn or suffer persecution. They contain promises that God will bless the merciful, the pure of heart, the peacemakers and those who work for justice. Ultimately, all who put their trust in God and do what is right will rejoice in God’s kingdom.

Psalter Week 4

Monday 02/02 St Nicholas’ Mass 7am
The Presentation of the Lord
Mal 3:1-4: or Heb 2:14-18: Ps: 23:7-10: Lk 2:22-40:

Tuesday 03/02 St Mary’s Mass 9am
2 Sam 18:9-10, 14, 24-25, 30 – 19:3: Ps 85:1-6: Mk 5:21-43:

Wednesday 04/02 St Nicholas’ Mass 7am
2 Sam 24:2, 9-17: Ps: 31:1-2, 5-7: Mk 6:1-6:

Thursday 05/02 St Mary’s Mass 9am
St Agatha, virgin, martyr
1 Kg 2:1-4, 10-12: 1 Chr: 29:10-12: Mk 6:7-13:

Friday 06/02 St Nicholas’ Mass 7am
St Paul Miki and companions, martyrs
Sirah 47:2-11: Ps: 17:31, 47, 50-51: Mk 6:14-29:

Saturday 07/02 St Nicholas’ Mass 9am
Anointing of the sick during Mass
1 Kg 3:4-13: Ps 118: 9-14: Mk 6:30-34:
Vigil Mass 6pm

Sunday 08/02 St Mary’s 7.30am Mass
St Nicholas’ 9.30am & 5.30pm

SACRAMENT OF RECONCILIATION: Saturday 4pm – 5.30pm

A warm welcome to all new parishioners! To help you feel at home in our parish, we encourage you to introduce yourself to Father after Mass, or you might also consider exploring opportunities to get involved in parish life through various ministries and activities. If so, please see our Parish Notice Board or contact the Parish Office.

BAPTISMS are held Saturdays at 11am & Sundays at 12 noon. If you wish to book a Baptism, please email or telephone the Parish Office on 67662228 for more information. Forms can also be submitted on our parish website.

Parish toilet is located in the Outdoor Function Area. Please ensure children are accompanied by an adult when leaving the Church during Mass to go to the toilet or for any other reason.

PRAYERFUL REFLECTION on the readings is always included on this Bulletin, after the Communion Antiphon. You are encouraged to reflect on this every week.

McCARTHY CATHOLIC COLLEGE FAMILY MASS
Coming up on **Sunday 22nd February at 9.30am** at St Nicholas’ Church. McCarthy will also host Morning Tea in the Outdoor Function Area immediately after Mass. All welcome!

PARISH EVENTS coming up

03 Feb	Tue	‘Petitions’ Rosary	12.15pm	St Nicholas’
04 Feb	Wed	Silent Adoration	10.30-11.30am	St Nicholas’
06 Feb	Fri	Eucharistic Adoration	6-7pm	St Nicholas’
07 Feb	Sat	Anointing of the sick during 9am Mass		St Nicholas’
07 Feb	Sat	Silent Adoration	4-5.30pm	St Nicholas’
07/08 Feb		Special Collection - all Masses Missionary Religious Orders		
10 Feb	Tue	SN Seniors – Morning Tea -	10.30am –	West Diggers
11 Feb	Wed	Silent Adoration	10.30-11.30am	St Nicholas’
13 Feb	Fri	Eucharistic Adoration	6-7pm	St Nicholas’
15 Feb	Sun	Birthday blessing		All Masses
		Morning Tea after the 9.30am Mass hosted by The Parish Pastoral Council		
17 Feb	Tue	St Nicholas Women Connection – dinner at the Tamworth City Bowling Club – 6pm		
18 Feb	Wed	+ ASH WEDNESDAY +	7am	St Nicholas’
18 Feb	Wed	Silent Adoration	10.30-11.30am	St Nicholas’
20 Feb	Fri	Eucharistic Adoration	6-7pm	St Nicholas’
22 Feb	Sun	McCarthy Catholic College Family Mass followed by morning tea	9.30am	St Nicholas’
24 Feb	Tue	St Nicholas Seniors – lunch	11.30am	
		West Diggers, Kable Avenue		
25 Feb	Wed	Silent Adoration	10.30-11.30am	St Nicholas’
25 Feb	Wed	The Catholic Ladies – lunch in the Russell Room at t the Tamworth Services Club – 12.30pm for 1pm lunch		
27 Feb	Fri	Eucharistic Adoration	6-7pm	St Nicholas’
28 Feb	Sat	MEN’S BREAKFAST Outdoor Function Area	7am	St Nicholas’
01 Mar	Sun	FAMILY MASS, followed by Morning tea hosted by St Nicholas Primary School	9.30am	St Nicholas’

PLANNED GIVING: SUPPORTING OUR PRIESTS & PARISH

1st Collection (supports the clergy)
BSB: 082 105 A/C No: 001 023 584
A/C Name: St Nicholas Presbytery
2nd Collection (Planned Giving for Parish maintenance)
BSB: 082 105 A/C No: 001 003 255
A/C Name: St Nicholas Parish
Ref: Planned Giving Number/or your name. Thank you for your support.

COLLECTIONS:	25th January 2026
1 st Collection	\$ 1,649.30
Planned Giving	\$ 2,123.00
Loose	\$ 436.25
	\$ 2,559.25

"I'm not asking you to believe in everything. I'm asking you not to close the door. Give a chance to the God who waits for you without judgement."
~ Pope Leo

WEEKLY ROSTER – 31 Jan/01 February 2026

St Nicholas’ Saturday 6pm
C: Giovanna McDougall Welcomer/R1: Eil Smyth
W/R2: Sister of Nazareth
Ex Min: Kerry Ackhurst Music: Noel Greacen
Collection: David Raffaele/Bill Campbell/Morgan Hawthorne

St Mary’s Sunday 7.30am
C: Katrina Krogh Welcomer/R1: Julie McGuirk
W/R2: Sue O’Halloran
Ex Min: Lorraine Bryant Music: Grant Quinn
Altar Servers: Will Nguyen
Collection: Carl Cavallaro/Bill Higgins

St Nicholas’ Sunday 9.30am
C: Alison Hamilton Welcomer/R1: Mick Larkin W/R2: Maria Gruer
Ex Min: Anne Bowden/Peter Prisk
Altar Servers:
Music: St Nicholas Choir
Collection: Maria Gruer/Josie Cox/Phil Elliott

St Nicholas’ Sunday 5.30pm
C: Carol Wheaton Welcomer/R1: Cecilia Dries W/R2: Terry Dries
Ex Min: Tania Roberts Music: Veronica Frost
Altar Servers
Collection: Volunteers

Counting Team: Ted Heazlett/Bruce Stewart
Altar Linen: Kate Stewart
Sacristy Cleaning: Beth & John Ryan/Bruce Stewart
Candelabrum: Ted & Bev Heazlett 01/02/26-07/02/26

Please find below, the Lenten Groups for 2026. There are clipboards available at the back of our churches for you to write your name under the Lenten Group you wish to attend – this will then be passed on to the facilitator. If anyone else would like to run a Lenten group this year, please let Rosemary know. Thank you!

LENTEN GROUPS 2026

1: McCarthy Catholic College
Thursday 3.30pm
† Starting 19.02.26

2: 33 Napier Street
Wednesdays 6.30pm
† Starting 18.02.26

ANNIVERSARIES: January 2026

Clive Andrews, William Brady, Doris Brazel, Francis (Ron) Briscoe-Hough, Queenie Bryant, Maxwell Burke, John Clift, Justyn Cloake, Barbara Croft, Mavis Day, Dorothy Delaney, Jack Denton, Mervyn Flanagan, Robert Forrester, John Gallagher, Catherine Galloway, Henry Garland, Joseph Gregg, MaryAnn Groth, Dennis Haire, James Hayes, William Herden, Ernest Hill, Helen Hollis, Sean Hyson, Iris Jackson, Thomas Joyce, Kevin Lennon, Bridgette Leslie, Marie Lonergan, Edward McHenry, Douglas McIlveen, Betty Mahony, Elva Matthews, Robert Milne, Gerard Moloney, Teresa Morris, Timothy Nolan, Kathleen Poole, Judith Power, Paul Redmond, Mary Riley, Christopher Roche, Marie Shanahan, Patricia Sherwood, Jennifer Singleton, Francis Smyth, Nathan Sutton, Marjorie Tallar, Raymond Thompson, Edward Trainor, Kathleen Wilkie, Graham Yeo. *May they rest in peace*

We warmly welcome Mr Allem Alba who will be joining us here at St Nicholas’ from Tuesday 03 February – he has been assigned as a Deacon-in-formation, and will take up residence at the Presbytery during the period of his formation. Please make him feel welcome in our Parish.

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

WEEKLY ROSTER – 07/08 February 2026

St Nicholas’ Saturday 6pm
C: Cate Allen Welcomer /R1: Belinda Tyrrell
W /R2: Paul McDougall
Ex Min: Leonie Hansen Music: Noel Greacen
Collection: David Raffaele/Bill Campbell/Morgan Hawthorne

St Mary’s Sunday 7.30am
C: Bruce Stewart Welcomer /R1Alex Knight W/R2: Grace Knight
Ex Min: Cheryl Higgins Music: Grant Quinn
Altar Servers: Will Nguyen
Collection: Carl Cavallaro/Bill Higgins

St Nicholas’ Sunday 9.30am
C: Anne Bowden Welcomer /R1: Lynne Prisk /R2: Tim Igbenije
Children’s Liturgy:
Ex Min: Alison Hamilton/Michael Moy
Altar Servers:
Music: St Nicholas Choir
Collection: Maria Gruer/Josie Cox/Phil Elliott

St Nicholas’ Sunday 5.30pm
C: Judy Campbell Welcomer /R1: Claire Doherty
W/R2: Merrilyn Gaffney
Ex Min: Carol Wheaton Music: Henry Buckman
Altar Servers:
Collection: Volunteers

Counting Team: Giovanna & Paul McDougall
Altar Linen: Denise Green
Sacristy Cleaning: Ellie Muldoon/Kerrie Bryant
Candelabrum: John Wallace 08/02/25-14/02/26

RECENTLY DECEASED: Anna Anderson.
May God grant her eternal rest and peace.

SPECIAL INTENTION: Frank Tweedale UK, recently deceased on 26th December. May he rest in God’s peace.

MASS INTENTION: Thanksgiving for God’s goodness.

PERPETUAL INTENTIONS: Please pray for the repose of the souls of **Alec & Betty Fyffe** and **Cyril & Grace Cahill**, who will be long remembered in our parish.

WE PRAY FOR THOSE WHO ARE SICK

Maddy Anderson (Sydney), Carmel Bennett (Gladstone), Colin Bryant, Michael Bryant, Rev Fr Tony Castelli, Brindley Cavallaro (Sydney), Elizabeth Coroneos (Toowoomba), Dan Daly, Bill Dennis, Kath Donoghue, Cormac Downes (Uralla), Nicholas Doyle (Sydney), Richard Doyle (Sydney), Joan Goodridge, Darren Graham, Sherree Haylock, Nadia Hurn (Newcastle), Sullivan Hurn (Singleton), Kay Mason, Julie Michell, Ken Michell, Kim Riley (Orange), Russell Smith, Adam Urquhart, Maureen White (Orange).

STATIONS OF THE CROSS SCHEDULE 2026
Fridays of Lent: St Nicholas Church: 5:30pm

20 Feb	St Nicholas Women Connecting
27 Feb	St Nicholas School - Staff
06 Mar	St Nicholas Parish Catechists
13 Mar	St Vincent de Paul Society
20 Mar	McCarthy Catholic College - Staff
27 Mar	St Nicholas Parish Pastoral Council



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