



330 Swan Street
 North Albury
 NSW 2640
 02 6025 1516
www.sacredheartnorthalbury.com

Sacred Heart Parish

NORTH ALBURY

Sacred Heart Parish, North Albury, pays respect to the Wiradjuri people, the traditional custodians of the land on which we gather to celebrate our faith and worship God. We acknowledge with respect elders past, present and emerging.

Fourth Sunday in Ordinary Time 31st Jan / 1st Feb 2026

Sacred Heart Parish is a Child Safe Community. We promote the safety, wellbeing and inclusion of all and a zero tolerance to child abuse.

Parish Clergy:

Fr Martin Cruickshank—Parish Priest

Parish Office 9am-2pm

Gemma Whitehead Monday & Wednesday

Frances Kernaghan Friday

Phone: 02 6025 1516

Email: sacredheartna@gmail.com

Web: <http://sacredheartnorthalbury.com>

Bank A/c Details for Parishioners wishing to Direct Deposit into our **Church A/c (2nd Collect)**

BSB: 066 789; A/c No: 10000 5574;

Ref No: Name # Please contact Office for a number

Presbytery A/c BSB: 066 789; A/c No: 10000 5575

Safeguarding Children & Vulnerable People:

<https://wagga.catholic.org.au/safeguarding-children-vulnerable-people/>



Today's readings invite us to follow a lifestyle focused on humility, righteousness, integrity and mercy, challenging the worldly ways of success and happiness. They encourage us to trust in God's protection and the promise of reward in heaven.

In the **Gospel**, Jesus teaches the Beatitudes, revealing his own core attitudes and values. He expects his disciples to have these same qualities, which lay out the way to follow him. Zephaniah (**First Reading**) urges people to be humble and do what is right; to be people of integrity and humility. The Lord will protect those living honest and just lives.

The **Psalmist** celebrates the Lord's faithfulness and concern for the poor and oppressed. God acts by giving food, freedom, sight, and hope, bringing justice and lifting up those bowed down.

The **Second Reading** reminds us that God's ways are different from human ways. God often works through those who seem unimportant, for human strength and status do not matter to God. Real wisdom comes from following Christ. St Paul reminds us to 'boast in the Lord', not ourselves.

Mass Times

SATURDAY VIGIL: 6.00 pm

SUNDAY: 9.30 am

Live-streaming on Sunday 9.30 am Mass by accessing our website

WEEKDAY MASSES: This Week:

Our February Mass of Anointing will take place this Tuesday 3 February in Mercy Place Chapel at 2.00pm. All welcome.

Wednesday & Friday 9.30am

RECONCILIATION: SATURDAY: 5.15 PM-5.45 PM

BAPTISMS: By appointment.

CHILDRENS LITURGY:

Children's liturgy is offered in Sacred Heart parish community each second and fourth Sunday at 9.30am mass during school terms.

BIBLE STUDY GROUP:

Our parish bible study group is held every second and fourth Wednesday of the month at 7.00pm in the parish hall.

This week, I pray for a greater trust in the Lord, asking God to help me remember always that true happiness comes from following the ways of Jesus. I also continue to remember those impacted by conflict, poverty and hunger throughout the world.

Parish Community



We pray for those who have gone before us marked with the sign of faith especially:

RECENTLY DECEASED: Peter Baker, Michael Hoare, Margaret Gawen, Anne Maginness, Peter Hickey, June Toole, Marie Neville, Matthew Borg.

ANNIVERSARIES: Dorothy Keane, Kevin Kernaghan, Julie Yonson, Lilian Nicholl, Chum Day, Frank O'Rourke, Donald Murphy, Vivian Duell, Betty Harrison, Barbara Quirk, Nancy Phillips, Sr Carmella Nesbitt, Max Butts, Fr Jim Clarke, Molly McCarthy, Bob Cherry, Ben Damhuis, Kevin Hartley, Joan Bruton, Martha Moscher, Peter Urosevic, Ivan Hanrahan, Stephen Kirley, Alice Shanahan, Charles Bowen.

Gather our loved ones into your arms. Quiet our doubt and anger and send us your healing grace. Through Christ our Lord.

Prayer for the Sick

We pray for all those who are sick. May they draw strength and healing from God's presence with them and from our prayers and thoughts for them.

May they have peace in their hearts and know they are greatly loved by all.

We offer our prayers believing that God's presence and power can do more than we can ever know. Amen

ROSTERS

Sat / Sun: 31st Jan / 1st Feb

Ministry	Vigil	9.30am
Commentator	Jan Skinner	Roy Thompson
Lector 1	Mary-Jayne Boyd	John Dowling
Lector 2	Michael Byrnes	Mary Hunt
Eucharistic Ministers	Catherine Cutler Anna Farrell	Mercedes Goss Carey Menz-Dowling Pamela McIntosh
Cantor	Ann McIntyre	Bernadette, Wendy and
Musicians	Judy Goley	Helen
Counters: Gemma		

Sat / Sun: 7th / 8th February

Ministry	Vigil	9.30am
Commentator	Michael Byrnes	Cathy Nyhan
Lector 1	Colleen Day	Kaye Deanshaw
Lector 2	Paula Waters	Jan Skinner
Eucharistic Ministers	Patricia Hopkins Pauline Mulquiney	Sue Betts Trish Parkinson Belinda Shelton
Cantor	John van Lint/Brian Waters	Heath Neville
Musicians	Judy Foley	Ashleigh Donaldson
Counters: Diane & Greg Bartsch		

A Prayer for Our Country

God of all nations,

We pray for our country, Australia. We give thanks for all the blessings we receive from this ancient and mysterious land.

We are grateful for the Indigenous people who took time over thousands of generations to learn her ways and share them with wisdom.

We stand humbly before the storms and fires that leave us speechless.

Our hopes are stirred by the millions of kind and decent people who enliven our community, seldom seeking the lime-light, always responding to the needs of others, regardless of who they may be.

These people are our future.

We know, Lord, that the new year finds us in a fragile place.

We pray earnestly for your grace to find the right direction, the one that leads to dignity and justice for us all.

May your Holy Spirit work with us to heal divisions, dissolve anger, open our ears and draw us into compassion. May we rediscover the gifts of common good, commonwealth and common sense.

May we, like your Son, seek to serve, not to be served.

In 2026, and for all ages.

Amen

– Michael McGirr

Thought for the week Pope Leo XIV

“He is a God who excludes no one, and who comes not only for the ‘pure, but enters fully into the complexity of human situations and relationships.” For that reason, Leo added, Christians “must overcome the temptation toward isolation,” living the Gospel in every setting “as a leaven of fraternity and peace among all individuals, cultures, religions and peoples.”



Parish News

TO PONDER:

The kingdom of God belongs to those who are “humble and lowly.” What do these words mean? To Zephaniah, humility means faithfulness to God. It Means recognizing one’s dependence on God (i.e to “take refuge in” God), seeking righteousness and humility. For Paul, the “lowly” are those whom the world counts as “nothing.” Our re-sponsorial Psalm and the Gospel perhaps encompass these terms best with the phrase “poor in spirit.” All of these terms embrace the totality of oneself: internal disposition as well as physical poverty and suffering. God’s kingdom upends social hierarchies and esteem, and it condemns all structures and people who live at the expense of others’ well-being.

The poor and lowly will bring about the kingdom, and the kingdom belongs to them. In our world today, do we truly believe this message? How does it call us to live *now*?

To understand the beatitudes is to understand the audience. Jesus is speaking to people at the bottom of the social ladder. These people seek in Jesus another world of possibility beyond their suffering. He offers them this world (God’s kingdom) from a mountaintop, a biblical place of revelation and vision. Moses once revealed the commandments from a mountain; now Jesus reveals a vision of God’s reign from this same space. He gives people hope and encourages them to trust beyond what they can see. He promises that *they* are the truly blessed ones, not those who are rich, comfortable, or complacent now. He gives them strength to trust in God’s promises, to remain faithful and work for the kingdom.

These beatitudes are not superficial sayings. They are radical, demanding one’s life and fidelity. They both convict and comfort. As you pray with the beatitudes, how do they speak to you today?

Parish Morning Tea

Our February morning tea is this Sunday 1st February at the conclusion of our celebration of 9.30am Eucharist. New comers and all parishioners are invited to join us to share conversation and companionship. If possible please bring something to share.

Congratulations, Lyn Borg

We offer our prayers and best wishes to Lyn who turned 80 this week. We are grateful for her deep faith and constant commitment to our parish community, particularly behind the scenes attending generously and diligently to sacristy duties.

Parish Pastoral Council

The first meeting of Sacred Heart Parish Pastoral Council for 2026 will take place on Thursday 5 February in the Parish Hall at 6.00pm. Any agenda items to be discussed in general business need to reach the Secretary, Marjorie Serbinek m4serbinek@gmail.com by Monday 2 February.

CHILDREN’S LITURGY

Children’s Liturgy is offered in our parish community on the 2nd and 4th Sunday of the month within our celebration of 9.30am Eucharist during School Terms.

This provides an opportunity for primary school age children and pre schoolers to reflect on the gospel message and strengthen their relationship with Jesus through activities suited to their age level.

We continue to seek parents and parishioners who are willing to support Genn Hamam and Louise Fifield in their catechist role. If you are able to help out in any way please contact Genn Hamam genwhelton@hotmail.com or the parish office by email.

The parish also provides children’s activity sheets based on each weekend’s gospel for younger and older children. These are located along with containers of coloured pencils on the shelves at the entry to the church.

Eucharistic Ministers & Lectors Roster

We are still looking for additional volunteers to join the Lectors/Commentators and Eucharistic Ministers Roster. A great way to share your faith as a service to our parish community. If you are not already on the roster and are able to assist in this way please add your name and the relevant information to the list at the Swan Street entrance.

For those already carrying out these important liturgical ministries please indicate your **unavailability** for Feb-March-April May by email to the parish office.

Rest in Peace, Margaret Gawen

Our funeral mass of thanksgiving to celebrate the life of Margaret Gawen will take place this Monday 2 February at Sacred Heart. Let us reflect on Margaret’s passionate faith and tireless commitment to the life of our parish community. May our prayers for Ray and their family bring them peace and comfort in these difficult days.

Wild Goose Series Continues

Our gatherings in the hall continue for 2026 every first Tuesday of the month at 10.00am in the Parish Hall and begins this Tuesday 3 February. For those who have participated in Alpha or anyone who is interested in sharing their faith in fellowship with others are very welcome to attend.



This weekend we welcome into the community of the Christian church

through the sacrament of Baptism:

Maxwell Robert Swinton

Darcy David Swinton

Children of Donald and Teigan

Liturgy of the Word

A reading from the prophet Zephaniah 2:3; 3:12-13

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 145

(When the Psalm is sung, the words will vary slightly but the meaning remains the same.)

Response: Happy the poor in spirit; the kingdom of heaven is theirs!

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**

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**

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**

A reading from the letter of St Paul to the Corinthians

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 at all 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!

A reading from the holy Gospel according to Matthew 5:1-12

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 if 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 are those who are persecuted in the cause of right: theirs if 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