



## Blessed are the Poor in Spirit, for Theirs is the Kingdom of Heaven

The Journey to Perfection  
Fourth Sunday in Ordinary Time (Year A)

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven." **Matthew 5:1-3** The Sermon on the Mount begins with today's reading in Chapter Five of Matthew's Gospel and continues through Chapter Seven. This beautiful sermon presents us with many familiar teachings of Jesus, such as the Beatitudes, the Lord's Prayer and the Golden Rule. Jesus begins His sermon by going up a mountain and sitting down. The mountain is believed to be just north of the Sea of Galilee, just a few miles from Capernaum where Jesus often stayed during His public ministry. Today's Gospel presents us with the glorious and very high calling of the Beatitudes. This teaching on the Beatitudes sets the stage for the many other lessons Jesus taught. The Beatitudes are certainly a teaching about morality, but the lessons are not the same as many of the moral teachings that the people were familiar with. Up until that time, morality was primarily seen as a list of forbidden practices. "Thou shall not..." was the general tone. However, the Beatitudes take morality to a much higher level. In this new teaching, Jesus did not start with that which was forbidden or that which was a violation of God's Law. Instead, He explained that reaching for these ideals brought forth the greatest fulfillment in life. Morality was not only a list of regulations one needed to avoid. At the heart, morality was now presented by our Lord as a glorious journey to perfection. The result of this journey was the attainment of the Kingdom of Heaven.

When you consider the moral life, how do you look at it? Do you see it more as a list of things you can't do? Or do you see it as a journey up the mountain of true holiness and fulfillment? The Christian life certainly forbids us to engage in many forms of sin and violations of God's Law. But unless we understand that the highest form of morality is given to fulfill us on the deepest level, then it will be easy to become discouraged by our calling.

Reflect, today, upon Jesus calling you to follow Him up the mountain of the Beatitudes. As you do, begin by considering this journey first from a physical point of view. It would have been much easier for His first hearers of this sermon to simply stay in Capernaum and recline at table, listening to Jesus speak. But the physical journey up the mountain gives insight into the high calling of the moral life. It requires effort and determination. From there, try to imagine yourself listening to Jesus preach. Remind yourself that the Christian life is one of perfection in every way. This is our calling. But the fruit of perfection is the fulfillment in which God wants us to share. The easy life of sin leaves us dry and interiorly dead, but the hard journey to perfection leads us to the deepest fulfillment we could ever attain. Commit yourself to the journey and do not hesitate on the way, and you, too, will be rewarded with the Kingdom of Heaven.

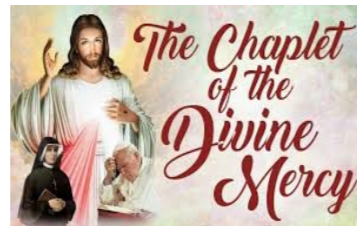
At first, the Beatitudes can seem quite confusing. And when we strive to live them, they can be very challenging. Why is it blessed to be poor and hungry? Why is one blessed who is weeping and hated? These are difficult questions with perfect answers. The truth is that each Beatitude ends with a glorious outcome when fully embraced in accord with the will of God. Poverty, hunger, sorrow and persecution are not, by themselves, blessings. But when they befall us they do offer an opportunity for a blessing from God that far surpasses any difficulty the initial challenge presents. Poverty affords one the opportunity to seek out the riches of Heaven above all else. Hunger drives a person to seek the food of God that sustains beyond what the world can offer. Weeping, when caused by one's own sin or the sins of others, helps us seek justice, repentance, truth and mercy. And persecution on account of Christ enables us to be purified in our faith and to trust in God in a way that leaves us abundantly blessed and filled with joy. At first, the Beatitudes may not make sense to us. It's not that they are contrary to our human reason. Rather, the Beatitudes go beyond what immediately makes sense and they enable us to live on a whole new level of faith, hope and love. They teach us that the wisdom of God is far beyond our own limited human understanding. If you struggle to make sense of something painful and difficult in your life, know that God has an answer if you but seek out His wisdom. Know that God uses the crosses in our lives by transforming them through the work of His hand, so that we can experience a greater outpouring of His grace in all things.



### Prayer

Lord of perfection, You call me to journey with You up the high mountain of holiness. May I always see this journey as one that is glorious and fulfilling. I choose the life of perfection to which I am called and pray that I will always be open to the deepest moral truths You wish me to live. Jesus, I trust in You!

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*Opening Prayers* You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us. O Blood and Water, which

gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You! (Repeat 3 times)

*Prayers of the Chaplet* Prayed using ordinary Rosary beads. Recite one Our Father, one Hail Mary, and the Apostles Creed. On each "Our Father" bead pray: **Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.** On each of the sets of ten beads pray: **For the sake of His sorrowful Passion, have mercy on us and on the whole world.** At the conclusion of five decades pray the following three times: **Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.**

*Concluding Prayer* Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

Jesus I trust in You!

### Quote of the week

"People are often unreasonable and self-centered. Forgive them anyway. If you are kind, people may accuse you of ulterior motives. Be kind anyway. If you are honest, people may cheat you. Be honest anyway. If you find happiness, people may be jealous. Be happy anyway. The good you do today may be forgotten tomorrow. Do good anyway. Give the world the best you have, and it may never be enough. Give your best anyway. For you see, in the end, it is between you and God. It was never between you and them anyway."

St Mother Teresa of Calcutta



## WELCOME TO SACRED HEART PARISH HINDMARSH-FINDON

Website: [www.sacredheartparishhindmarsh.com.au](http://www.sacredheartparishhindmarsh.com.au)  
Facebook: [www.facebook.com/sacredheartfindonparish](https://www.facebook.com/sacredheartfindonparish)

IN THE CHARISM OF THE HEART OF CHRIST  
'May the Sacred Heart of Jesus be everywhere loved'



### PARISH VISION STATEMENT

As a people who believe and trust in the love of God for us, revealed in the heart of Jesus, we live out this love in a welcoming and inclusive community that provides life-giving support and service to all people.

### YOU ARE WELCOME TO JOIN US FOR MASS

◇ Tuesday	31 Jan	12:15 pm	Mass at Sacred Heart Church (SHC) Hindmarsh
◇ Wednesday	01 Feb	6:00 pm	Mass and Adoration at Our Lady of the Manger Church, (OLM) Findon
◇ Thursday	02 Feb	7:00 pm	St Eufemia Mass at Sacred Heart Church (SHC) Hindmarsh
◇ Friday	03 Feb	9:15 am	Mass at Our Lady of the Manger Church, (OLM) Findon
◇ Friday	03 Feb	7:00 pm	St Eufemia Mass at Sacred Heart Church (SHC) Hindmarsh <b>**No Adoration**</b>
◇ Saturday	04 Feb	6:00 pm	Mass at Our Lady of the Manger Church, (OLM) Findon
◇ Saturday	04 Feb	7:00 pm	St Eufemia Mass at Sacred Heart Church (SHC) Hindmarsh
◇ Sunday	05 Feb	9:00 am	Mass at Sacred Heart Church, (SHC) Hindmarsh
◇ Sunday	05 Feb	11:00 am	Mass at Our Lady of the Manger Church, (OLM) Findon
◇ Sunday	05 Feb	5:00 pm	Latin Mass at Sacred Heart Church, (SHC) Hindmarsh
◇ Sunday	05 Feb	10:30 am	St Eufemia Feast Day Mass at Flinders Park Football Club

Procession begins at 10:30am

29 January 2023



## Fourth Sunday in Ordinary Time

Year A

### Responsorial Psalm

Happy the poor in spirit, the Kingdom of Heaven is theirs.

### Gospel Acclamation

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

### Today's Readings:

Zephaniah 2:3, 3:12-13

Ps 145: 7-10

1 Corinthians 1:26-31

Matthew 5:1-12

### Mass Intentions

6.00pm Vigil

Elena Filipine

9.00am SHC

Maria Saveria Zerella

Ugo Zerella

Antonio Falanga (1 year)

11:00am OLM

Parish

### Our Churches

Sacred Heart Church (SHC)

252 Port Road, Hindmarsh

Our Lady of the Manger (OLM)

176 Crittenden Road, Findon

"Blessed are the Poor in Spirit for Theirs is the Kingdom of Heaven"



## The Beatitudes

The Beatitudes are the nucleus of Jesus' Sermon on the Mount. The eight Beatitudes have a precedent in the Book of Zephaniah. Zephaniah, meaning "Yahweh hides," exhorts people to seek righteousness and humility. As presented by Jesus, the Beatitudes are a declaration of blessedness. Jesus identifies the people who will receive divine blessings. They are: the poor in spirit, those with heavy hearts, the humble, those who thirst for righteousness, the merciful, those pure in heart, the peace-makers and the persecuted. Jesus says that God will care for the people who have these attitudes. The world has progressed, but people's suffering has increased. Abundance will not eliminate want and need. For this reason we need to trust in God. When needy, we must cry out to God, who will definitely come to our assistance. Jesus stands as the Guarantor for this.

Fr Santhosh Nazareth CSC

### Liturgy Meeting this Week

Please note that there will be a Liturgy Meeting this Tuesday 31st Jan at 6:30pm at OLM

### No Adoration for February

Please note that there will be no Adoration during February due to the St Eufemia Tridium of Masses.

PARISH OFFICE | PHONE 08 846 901

Office Hours: Tuesday, Wednesday, Thursday and Friday | 10:00am–2:00pm  
Please Note: If the office is unattended, please leave a message and we will return your call ASAP  
29 Grange Rd., West Hindmarsh | Mailing address: PO Box 34, Welland 5007

Email: [shparish@shphf.com.au](mailto:shparish@shphf.com.au)

Parish Priest - Father Lancy D'Silva CSC

**January 2023**  
 29 Jan 4th Sunday in Ordinary Time  
 31 Jan St John Bosco, priest  
**Liturgy Meeting, Tuesday 6:30pm OLM**

**February 2023**  
 02 Feb **Feast of the Presentation of the Lord**  
**"World Day of Prayer for Consecrated Life"**  
 02-04 Feb St Eufemia Tridium of Masses at 7pm SHC Hindmarsh  
 05 Feb **St Eufemia Festa** 10:30am Flinders Park Football Club  
**5th Sunday in Ordinary Time, Word of God Sunday**  
 06 Feb Saint Paul Miki and companions, martyrs  
 10 Feb Saint Scholastica, virgin  
 11 Feb **Feast of Our Lady of Lourdes**  
**Walk for Life; World Day of the Sick**  
 12 Feb **6th Sunday in Ordinary Time**  
 14Feb St Cyril, monk and Saint Methodius, bishop  
 19 Feb **7th Sunday in Ordinary Time**  
 21 Feb Shrove Tuesday  
 22 Feb **Ash Wednesday**  
 26 Feb **1st Sunday of Lent**

**March 2023**  
 05 Mar **2nd Sunday of Lent**  
 12 Mar **3rd Sunday of Lent**  
 17 Mar **Feast of St Patrick, Bishop**  
 19 Mar **4th Sunday of Lent (Laetare)**  
 20 Mar **Solemnity of St Joseph, Husband of Mary**  
 25 Mar **Solemnity of The Annunciation of the Lord**  
 26 Mar **5th Sunday of Lent**

**April 2023**  
 02 Apr **Palm Sunday of the Lord's Passion**  
 06 Apr **Holy Thursday of the Lord's Supper**  
 07 Apr **Good Friday of the Lord's Passion**  
 08 Apr **Holy Saturday**  
 09 Apr **Easter Sunday of the Lord's Resurrection**  
 10 Apr **Monday in the Octave of Easter**  
 16 Apr **2nd Sunday of Easter**  
**DIVINE MERCY SUNDAY**





**Parish Fundraising Committee**  
 It's the start of a brand new year and time to start something good! Are you interested in helping your community? Everyone is invited and welcome to join the Parish Fundraising Committee. If you can spare a couple of hours once a month to help plan and raise funds towards our much needed Community Centre, please contact Sandra Bahlij 0402894613 with your email address or sms. Thanks to those who have volunteered already. Please help us to support this worthy cause! We need you!



Are you able to help raise some much needed funds for our Community Centre? If you can spare a couple of hours of your time we would really appreciate your help in ushering cars into the SHC Carpark before Soccer Matches. **Please arrive 1½ hours before the game begins, no need to stay for the whole match!** Some exciting games coming up include the FIFA Women's World Cup! See the table below for times. To help, please contact Sandra Bahlij 0402894613. Thank you!

	Start Time	Teams
<b>February</b>		
Sat 4th	7:15pm	Adelaide United vs Brisbane Roar
Sun 19th	2:30pm	Adelaide United vs Western Sydney Wanderers
<b>March</b>		
Fri 3rd	7:15pm	Adelaide United vs Melbourne City
Fri 17th	4:40pm	Adelaide United vs Newcastle Jets
Double Header		Adelaide United vs Wellington Phoenix
<b>April</b>		
Fri 7th	4:30pm	Adelaide United vs Sydney FC
Sun 16th	4:30pm	Adelaide United vs Western United FC
Sat 29th	4:30pm	Adelaide United vs Central Coast Mariners
<b>July</b>		
Mon 24th	8:30pm	FIFA Women's World Cup 2023 Brazil vs Group C Winner
Fri 28th	8:30pm	FIFA Women's World Cup 2023 Group B Winner vs China PR
Sun 30th	2:00pm	FIFA Women's World Cup 2023 Morocco vs Korea Republic
<b>August</b>		
Tue 1st	8:30pm	FIFA Women's World Cup 2023 England vs China PR
Tue 8th	8:30pm	FIFA Women's World Cup 2023 Round of 16

Thank you to those who assisted with the Soccer carparking last weekend: Attilio, Joseph, Jane Agius, Father Lancy and Father Santhosh.  
**A BIG thank you to you all!**


If there is a handy person who can assist with putting together two car ramps for the Hindmarsh Church—please contact Sandra Bahlij on 0402894613. The ramps will be used during soccer matches to assist cars getting into the front and back of the Church carpark. **Thank you!**

**Day of the Unborn Child Appeal**  
 11th and 12th February 2023

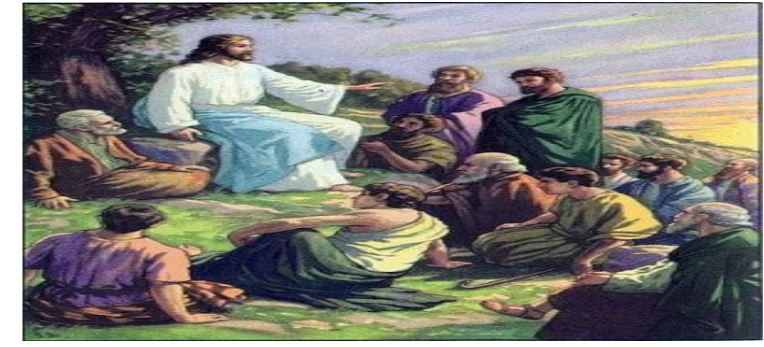
A special collection is being taken up in support of the work undertaken by Birthline Pregnancy Support, Mothers without Medicare & Genesis Pregnancy Support Inc. The Day of the Unborn Child assists us to focus on those people in our families and communities who have experienced any sort of child-bearing loss, whether miscarriage, still-birth, the death of a baby soon after birth, or abortion. We thank you in anticipation for your generous support of those who work tirelessly with individuals and families who require these important resources and services. For cashless donations, please scan the QR code.




The Church in Australia celebrates **Word of God Sunday** on the first Sunday in February – **February 5 in 2023** (Fifth Sunday in Ordinary Time, Year A). Pope Francis established the day, which is devoted to “the celebration, study and dissemination” of the Word of God. Visit [www.catholic.org.au/wordofgodSunday](http://www.catholic.org.au/wordofgodSunday)



**St Eufemia Society Festa**  
 The St Eufemia Tridium of Masses will begin on the 2nd of February 2023. Masses will run each evening, 2nd, 3rd and 4th Feb from 7pm at SHC Hindmarsh. The St Eufemia Festa will be held on February 5th 2023 at Flinders Park Football Club, Hartley Road, beginning with a Procession from 10:30am and concluding at 9pm. **All are welcome!**

“The Beatitudes teach us that God, in order to give Himself to us, often chooses unthinkable paths, perhaps the path of our limitations, our tears, our defeats.” *Pope Francis*

**Sacramental Programme Enrolments**  
 Invitation for Parents / Carers of Reconciliation / Confirmation / First Communion Children


We invite all parents and children from our parish community, who are studying in any other state/private schools who wish to enquire about preparing your child/children for the sacraments of: **Reconciliation – Confirmation – First Holy Communion**

To please contact the Parish office during office hours on 8346 3901 or email: [shparish@shphf.com.au](mailto:shparish@shphf.com.au)

The Sacraments will be celebrated in August 2023 at both Sacred Heart Church Hindmarsh, and Our Lady of the Manger Church Findon. Preparation for these important Sacraments will begin soon, and more information will be advertised as it becomes available.



**World Day for Consecrated Life**  
 The **Feast of the Presentation of the Lord, February 2**, is also the **World Day of Prayer for Consecrated Life**. It is important for us to celebrate the lives of all the consecrated religious sisters and brothers in our Archdiocese and to pray in thanksgiving to God for them. Please pray for all those who have made commitments in the consecrated life, and be sure to thank them on their special day. May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation. May God call many more women and men to this vocation.



**WORLD DAY OF THE SICK**  
 Take care of him  
 February 11, 2023

To the intercession of Mary, Health of the Sick, I entrust all of you who are ill; you who care for them in your families, or through your work, research and volunteer service; and those of you who are committed to weaving personal, ecclesial, and civic bonds of fraternity. To all, I impart my heartfelt blessing.

See Pope Francis' full message here: <https://www.vatican.va/content/francesco/en/messages/sick/documents/20230110-gjornata-malato.html>

The **Feast of Our Lady of Lourdes** will be celebrated on **Saturday 11th February 2023 at 11:30am in St Francis Xavier's Cathedral**. Each year, on World Day of the Sick a Mass is offered for those who are of ill health. All are welcome to receive a blessing and anointing. For more information please contact Archdiocesan Events on (08) 8210 8220 or email [events@adelaide.catholic.org.au](mailto:events@adelaide.catholic.org.au)



**Catholic Youth Podcast**  
 COYYA have just launched a new and exciting podcast for the youth of Adelaide. Learn all about youth ministry within the Catholic Archdiocese of Adelaide. Stream it free today on Spotify.  
<https://open.spotify.com/e/7nKS8uJ5ocsfjwKXDQLxW>



**Children's Church**  
 Year A  
**KID'S KORNER**  
 Gospel Today  
 Fourth Sunday in Ordinary Time | Matthew 5:1-12a  
 Beatitude means happiness, and in the Gospel today, Jesus teaches The Beatitudes as a guide for the way we should live each day.

**The Good News**

Jesus wants us to be happy. Jesus teaches happiness to all in His Sermon on the Mount.

**The Presentation of the Lord**

In His sermon today Jesus teaches us a good way to live.

**This is what Jesus says:**

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are they who mourn, for they will be comforted.
- Blessed are the meek, for they will inherit the land.
- Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
- Blessed are the merciful, for they will be shown mercy.
- Blessed are the clean of heart, for they will see God.
- Blessed are the peacemakers, for they will be called children of God.
- Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.



“Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted—and you yourself a sword will pierce—so that the thoughts of many hearts may be revealed.”  
 Luke 2:22-40

Church of Saint Leo the Great [www.stleotheadelaide.com.au/childrens-corner](http://www.stleotheadelaide.com.au/childrens-corner)

Living the message in the Beatitudes, gives happiness to everyone - ourselves, those around us and especially Jesus!

**WALK FOR LIFE**  
 JOIN US AS WE WALK FOR LIFE TO BRING AN END TO ABORTION, LET THEM LIVE!  
**SATURDAY 11TH FEBRUARY 2023**  
 10:00AM - 12:00PM  
**Pennington Gardens**  
 Opposite St Peter's Cathedral

**\$5 Donation Parking**  
 Adelaide Oval carpark  
 Enter from Pennington Tce

**Gates**  
 Gates will be open from 9am. Bring your ticket!

**Don't forget to bring a drink bottle; and remember to slip, slop and slap!**

**Tickets**  
 FREE tickets available go to [loveadelaide.org.au](http://loveadelaide.org.au)

**PLEASE WEAR A WHITE SHIRT**

No megaphones, no signs. Posters for this event will be provided. Please obey the marshals & police on the walk. This walk will be peaceful.  
 Check out the guidelines at [loveadelaide.org.au/guidelines](http://loveadelaide.org.au/guidelines)

**FREE ENTRY TICKETS**  
[LOVEADELAIDE.ORG.AU/EVENT-DETAILS/WALKFORLIFE](http://LOVEADELAIDE.ORG.AU/EVENT-DETAILS/WALKFORLIFE)

**LET THEM LIVE**  
 For more information - [loveadelaide.org.au](http://loveadelaide.org.au)



**Come and See Parish Youth Group, Meets at Nazareth Secondary Campus**  
 1 Hartley Rd, Flinders Park

7:30pm to 9pm  
**Friday nights**  
 Run and supervised by the Preca Community.  
**Everyone is welcome!**

[www.facebook.com/Come-See-Youth-Group](http://www.facebook.com/Come-See-Youth-Group)  
 Intsagram: [cas.youth](https://www.instagram.com/cas.youth)

