



Goulburn Mission Bulletin



4th Sunday in ordinary time

FIRST READING: 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.

RESPONSORIAL PSALM: Ps 145:7-10. R. Mt 5:3

(R.) Happy the poor in spirit; the kingdom of heaven is theirs!

1. It is the Lord who keeps faith forever, 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 Corinthians 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.

GOSPEL ACCLAMATION: Matthew 5:12

Alleluia, alleluia!
Rejoice and be glad;
Your reward will be great in heaven.
Alleluia!

GOSPEL 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 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.'

©Liturgy help



The Community of the Goulburn Mission works hard to ensure we are a Safe Community for all our parishioners, visitors and residence. Healthy inclusion and safeguarding practices are at the heart of our administration. Please read the information regarding inclusion and accessibility on your church notice boards as we strive to be compliant and compassionate.



Goulburn Mission Bulletin



Jan 31/Feb 01 2026 Yr A



FEB 02: CANDLE MASS- Presentation of the Lord:

7.30am Monday bring your candle for blessing! OLOF

FEB 05: Music Ministry Meeting 5.30pm SPP pres.

FEB 03: MQA Volunteer Meeting 6pm Tuesday SPP Pres.

FEB 07: Women's Morning Tea, 10am Wesley Centre 10am

FEB 07: Men's Rosary Crusade 10am OLOF Forecourt

FEB 07: OLOF Community Meeting: After 9am Mass

FEB 18: ASH WEDNESDAY 7.30 OLOF 6pm MASS

FEB 21: Men's Breakfast 7.30am Tatts

FEB 25: Ex Students of St Josephs: K&GZ 10 for 10.15

MAR 06: World Day of Prayer 10am St Saviours Cathedral

MAR 23: 2nd Rite of Reconciliation 6pm SPP

MAR 29: PALM SUNDAY

REFLECTION:

We seek God through seeking justice and peace with integrity and humility. It doesn't matter if we seem foolish and weak by human standards - God gives us the wisdom, virtue, holiness and freedom necessary for the task. Jesus sees the crowd and goes up a hill where he is joined by his disciples, the ones he has deliberately chosen for God's work. I imagine he speaks to them first, telling them that it will only be through a personal relationship with God that they will come to understand his words. Then he gives them nine rather surprising invitations to bring about change in the lives of the people they encounter. The consequences may bring about strong opposition and persecution but those called to be disciples of Jesus are promised Joy and gladness and an eternal reward for their efforts.

Today I reflect on how I seek God in my everyday life. I ask myself if I truly believe that I have been chosen by God to make a difference in the life of another.

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our website:



MISSION CALENDAR DATES

Goulburn Mission Notice board

SACRAMENTAL DATES FOR 2026

RECONCILIATION: Enrolment and Session 1

STM- Wednesday February 25th 3.30-5pm

SPP- Thursday February 26th 4-5.30pm

Retreat- Monday 23rd March 9.30-2.30 St Brigid's

1st Rite- Monday 23rd March 6pm SPP

FIRST HOLY COMMUNION: Enrolment and Session 1

STM -Wednesday May 6th 3.30-5pm

SPP- Thursday 7th May 4-5.30pm

CONFIRMATION: Enrolment and Session 1

STM- Wednesday 19th August 3.30-5pm

SPP Thursday 20th August 4-5.30pm

WORLD DAY OF PRAYER

March 6th 10am
St Saviours Cathedral

MEN'S ROSARY CRUSADE

10am
1st Saturday of the month
OLOF forecourt

Ministry meetings roster.

OLOF Church Meeting: Sat 31st after 9am Mass.

MQA Volunteer meeting: Tuesday Feb 3rd 6pm SPP Pres

Music Ministry Meeting: Thursday 5th February 5.30

These update meetings are mandatory to growing our strength and unity. Please come along and share your experience and learn what's new in your ministry.

WOMEN'S Morning Tea

A change of Venue: Wesley Centre 43 Goldsmith Street

Starting at 10am, for the Guest speakers from the Archdiocesan Task force at 10.30am

MQA VOLUNTEER MEETING SIGN UP AND CHECK IN

Ministry Volunteering is a rewarding and important part of our pastoral heart. Please come along to the MQA Volunteer meeting on February 3rd, at 6pm in the bishops dining room and share in the unity that springs from shared labour and commitment. Ministries that need assistance are:

Children's Liturgy, Scripture, Hospitality, Senior servers, Acolytes, Special Ministers of the Eucharist to homes and Institutions, New IT Specialists, Music & Choir, WHS and First Aid.

OLOF church now has 5 Masses a week and would love more parishioners to assist in Ministry.

There are many other ministries to be involved in that bring joy and are so important to the function of the Parish. Come and enjoy a cuppa, update your paperwork, learn what's new and share in the spirit of renewal and hope! Please check your WWCC dates! Volunteer and code of conduct forms can be re-signed as they must be EVERY THREE YEARS and updates on WHS and vital ministry etiquette can be!

Our special prayers go to Sr Loretta Corrigan RSM and Sr Eileen Driscoll RSM, celebrating 60 years of religious profession, and to Sr Ellen Higgens RSM and Sr Rosarii O'Connor RSM celebrating 70 years of religious profession. We honour this commitment give thanks for your service and love.

Presentation of the Lord

CANDLE MASS- OLOF Monday 2nd Feb 7.30am Mass

Bring your own Candle or receive one at Church

Recently Deceased: Derek Rego, Erina Bill, Greg Thornton, Karin Ambrosios, Margaret Rippon, Baby Myles Marsh, Fr Richard Fuchs, Marilyn Mullen, Margaret Croker, Margaret Hanly, Julie Hopping,

Anniversaries: Robert Taylor, Lorna Lyons, Ellen Writer, Wilma Hewitt, John Hall, Elsie McLaughlin, Kevin King, Arthur & Gloria Willis, James & Catherine Jones, David & Shirley Charnock, Elaine & Ray Jones, Sandra Collins, Natalie Misfud, Pat Miller, Betty Burgesss, Pat Larcombe, Ruby Thorn, Jean Crawford, Maria Bruggl, Theresia Craciun, Phillip Anable, Tina Williams, Taylor & Orchard Families, John Yeadon,

Prayers: Tony McCormack, Cathy & Gerry Conroy (Wedding Anniversary) Fr Michael Mullen, Sr Eileen Driscoll RSM 60yrs, Sr Loretta Corrigan RSM 60 yrs, Sr Ellen Higgens RSM 70 yrs, Sr Rosarii O'Connor RSM, 70 yrs. Steve Oakland, Daniel Stiller, Ojwang Family, Nick Marsh, David Ojwang, Sr Celine Marie, Brendan Walsh, John Murrell, Christopher White, Leslie King,

Entrance Antiphon: Psalm 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: Matthew 5:12

Alleluia, alleluia!
Rejoice and be glad;
Your reward will be great in heaven.
Alleluia!

MENS BREAKFAST: 3rd Saturday of February 21st 7.15 for a 7.30 start at the Tatts. Guest Speaker is Stephen Armstrong, discoursing on his personal spiritual journey. Please RSVP Michael Lamarra on 0419 019 304.

Article by Father Michael:

Humility, Ego, and Greatness

For most of us, I suspect, the word ego has a negative connotation. To accuse someone of having a big ego is to accuse him of being overfull of himself, inflated, grandiose, and lacking in humility. We almost always oppose the words ego and humility. To have a big ego is to not be humble. But that can be simplistic and untrue. To have a strong, large ego isn't necessarily a bad thing. In fact, it is a needed thing, especially if we are ever to achieve anything of worth. Nobody does anything great without a strong ego, and that doesn't mean that he or she isn't humble.

For example, it is not because our egos are strong but because they are weak that we so often feel the need to protect ourselves. Few people would ever think of St. Mother Theresa as having had a big ego. We think of her as humility incarnate. Yet, clearly, she had a huge ego—a powerful self-image that allowed her to stand before the whole world convinced of her truth, convinced of her worth, and convinced of her importance. She could stand before anyone in the world secure in the knowledge that her person and her word were important. It takes a powerful ego to do that, one more powerful than most of us possess. Indeed, that was one of the keys to her greatness. She was aware that she was a unique and blessed instrument of God in this world and she was secure enough to act on that. And yet she was humble. She was aware as well, always, that everything that made her unique and special and powerful did not come from her, but from God. She was simply a channel of somebody else's power and grace. She had a huge ego, but she wasn't an egoist. She was never full of herself, only full of God.

St. John Paul II might be similarly judged: he too was a model of humility, but he too clearly had a huge ego. He could stand in front of millions of people, stretch out his hands, and say: "I love you!" (along with the implied corollary.) "And it's important that you hear this from me!" It takes a powerful ego to do that. Most of us would experience a congenital seizure if we tried to do this. We would be blocked by a hundred internal inhibitions, all of them paralysing us with the words: "Who do you think you are to say something like that! What gives you the right to think the world wants a public declaration of your love?"

Again, like St. Mother Theresa, St. John Paul II could say this and still be humble because he was also clear that his uniqueness and grace did not come from him or belong to him. He was only its channel. He could access greatness and let it flow through him without apology, but he didn't identify with that greatness or claim it as his own. That's the difference between humility and grandiosity, between being great and being an egoist. An egoist accesses the greatness, but, unlike a saint, identifies with it and claims it as his own.

Spirituality, in general, has been slow to admit the importance of ego and has often been in outright denial of the role it plays in greatness, especially spiritual greatness. Somehow, we cannot admit that saints like Francis of Assisi, Theresa of Avila, John of the Cross, or Therese of Lisieux had huge egos—powerful self-images that made them secure in the sense of their unique importance. Instead, we project on to them a false idea of humility which isn't true to them, and which hurts us. It hurts us because, for so many of us, the bigger problem in our lives, including our spiritual lives, is precisely that our egos are too weak. Our self-image is too weak to allow us to do anything really great or even just to reach out in warmth and love.

Because our self-image is weak, unlike Mother Theresa or John Paul II, we are too inhibited to reach out, to speak our truth and to express our love. We have too many internal voices (no doubt, originally external voices) that habitually paralyse us with the words: "who do you think you are! That's just pride and arrogance! That's just ego! You aren't talented enough or good enough to do this! Nobody wants this from you!"

As well, it is not because our egos are strong but because they are weak that we so often feel the need to protect ourselves. We struggle to be vulnerable, to not be paranoid and protect ourselves. Why? Precisely because we aren't secure enough inside, because our egos and our sense of self-worth are shaky. Saints Francis of Assisi, Theresa of Avila, Therese of Lisieux, and John of the Cross never needed to protect themselves. They were secure enough to be vulnerable. They had strong egos.

We should always be weary of pride, of egoism. But false humility does not protect us against pride. Instead it prevents us from being warm and loving—and from ever achieving anything great.

Fr. Ron Rolheiser OMI