

# OUR SUNDAY CELEBRATION

FOURTH SUNDAY IN ORDINARY TIME / A

1 FEBRUARY 2026

**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.

## INTRODUCTORY RITES

**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.**

## GREETING

P. In the name of the Father, and of the Son, and of the Holy Spirit.

**R. Amen.**

P. The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

**R. And with your spirit.**

## PENITENTIAL ACT

P. Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

P. You were sent to heal the contrite of heart: Lord, have mercy.

**R. Lord, have mercy.**

P. You came to call sinners: Christ, have mercy.

**R. Christ, have mercy.**

P. You are seated at the right hand of the Father to intercede for us: Lord, have mercy.

**R. Lord, have mercy.**

P. May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

**R. Amen.**

## GLORIA

Glory to God in the highest, / and on earth peace to people of good will. / We praise you, / we bless you, / we adore you, / we glorify you, / we give you thanks for your great glory, / Lord God, heavenly King, / O God, almighty Father. / Lord Jesus Christ, Only Begotten Son, / Lord God, Lamb of God, Son of the Father, / you take away the sins of the world, / have mercy on us; / you take away the sins of the world, / receive our prayer; / you are seated at the right hand of the Father, / have mercy on us. / For you alone are the Holy One, / you alone are the Lord, / you alone are the Most High, / Jesus Christ, / with the Holy Spirit, / in the glory of God the Father. / Amen.

## COLLECT

P. Grant us, Lord our God, that we may honour you with all our mind, and love everyone in truth of heart. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

**R. Amen.**

## LITURGY OF THE WORD

**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.**

**R. Thanks be to God.**

**RESPONSORIAL PSALM** Ps 145: 7-10

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

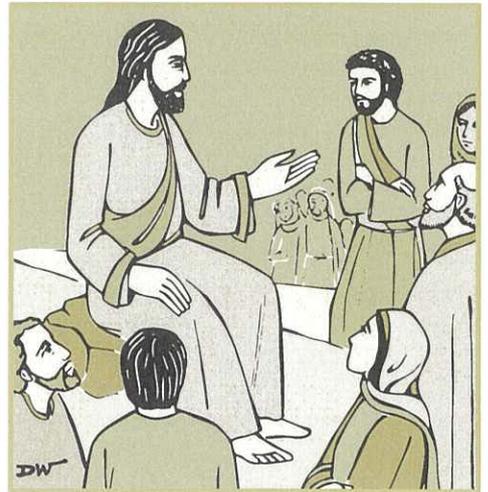
1. It is the Lord who keeps faith for ever, / who is just to those who are oppressed. / It is he who gives bread to the hungry, / the Lord, who sets prisoners free. **R.**

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.**

**R. Thanks be to God**

**GOSPEL ACCLAMATION** Mt 5: 12

**Alleluia, alleluia!**

**Rejoice and be glad:**

**your reward will be great in heaven.**

**Alleluia!**

**GOSPEL** Mt 5:1-12

P. The Lord be with you.

**R. And with your spirit.**

P. A reading from the holy Gospel according to Matthew.

**R. Glory to you, O Lord.**

*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.

**R. Praise to you, Lord Jesus Christ.**

## HOMILY

### PROFESSION OF FAITH APOSTLES' CREED

*Or the Nicene Creed may be said.*

**I believe in God, / the Father almighty, /  
Creator of heaven and earth, / and in  
Jesus Christ, his only Son, our Lord, /  
who was conceived by the Holy Spirit, /  
born of the Virgin Mary, / suffered under  
Pontius Pilate, / was crucified, died and  
was buried; / he descended into hell; /  
on the third day he rose again from  
the dead; / he ascended into heaven, /  
and is seated at the right hand of God  
the Father almighty; / from there he  
will come to judge the living and the  
dead. / I believe in the Holy Spirit, / the  
holy catholic Church, / the communion  
of saints, / the forgiveness of sins, /  
the resurrection of the body, / and life  
everlasting. Amen.**

### PRAYER OF THE FAITHFUL

#### LITURGY OF THE EUCHARIST

*After the priest raises the paten with the bread  
and prays, and then the chalice, we respond to  
each prayer:*

**R. Blessed be God for ever.**

P. Pray, brethren (brothers and sisters), that  
my sacrifice and yours may be acceptable to  
God, the almighty Father.

**R. May the Lord accept the sacrifice at  
your hands for the praise and glory of his  
name, for our good and the good of all  
his holy Church.**

### PRAYER OVER THE OFFERINGS

P. O Lord, we bring to your altar these  
offerings of our service: be pleased to receive  
them, we pray, and transform them into  
the Sacrament of our redemption. Through  
Christ our Lord.

**R. Amen.**

### THE EUCHARISTIC PRAYER

P. The Lord be with you.

**R. And with your spirit.**

P. Lift up your hearts.

**R. We lift them up to the Lord.**

P. Let us give thanks to the Lord our God.

**R. It is right and just.**

### PREFACE I-VIII OF THE SUNDAYS IN ORDINARY TIME

*After the Preface, we sing or say:*

**All: Holy, Holy, Holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest. Blessed is he  
who comes in the name of the Lord.  
Hosanna in the highest.**

### THE MEMORIAL ACCLAMATION

P. The mystery of faith.

**All: We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

### COMMUNION RITE

P. At the Saviour's command and formed by  
divine teaching, we dare to say:

**All: Our Father, who art in heaven . . .**

P. Deliver us, Lord, we pray . . .

**All: For the kingdom, the power and the  
glory are yours now and for ever.**

P. Lord Jesus Christ, who said . . .

**R. Amen.**

P. The peace of the Lord be with you always.

**R. And with your spirit.**

P. Let us offer each other the sign of peace.

*All exchange a sign of peace*

### LAMB OF GOD

**All: Lamb of God, you take away the sins  
of the world, have mercy on us.**

**Lamb of God, you take away the sins of  
the world, have mercy on us.**

**Lamb of God, you take away the sins of  
the world, grant us peace.**

### INVITATION TO COMMUNION

P. Behold the Lamb of God, behold him who  
takes away the sins of the world. Blessed are  
those called to the supper of the Lamb.

**R. Lord, I am not worthy  
that you should enter under my roof,  
but only say the word  
and my soul shall be healed.**

### COMMUNION ANTIPHON cf. Ps 30: 17-18

**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.**

### PRAYER AFTER COMMUNION

P. Nourished by these redeeming gifts,  
we pray, O Lord, that through this help  
to eternal salvation true faith may ever  
increase. Through Christ our Lord.

**R. Amen.**

### THE CONCLUDING RITES

P. The Lord be with you.

**R. And with your spirit.**

P. May almighty God bless you,  
the Father, and the Son, ✠ and the Holy  
Spirit.

**R. Amen.**

P. Go in peace.

**R. Thanks be to God.**

### 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

#### A SERVICE OF THE SOCIETY OF ST PAUL

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# WELCOME TO ST GREGORY THE GREAT—DONCASTER

## Fourth Sunday in Ordinary Time (A)

### 31 January/ 1 February 2026

#### Parish Office:

Hours: Mon—Fri 9.00am to 3.30pm

Tel: 9412 8425

Email: [doncaster@cam.org.au](mailto:doncaster@cam.org.au)

Website: <https://www.stgregs.org.au/>

Parish Priest: Fr. Charles Balnaves

Assistant Priest: Anton Aseervathampillai

Business Manager: David Hii

Parish Secretary: Mon & Wed: Vera Arief

Tue, Thurs & Fri: Luisa Yambao

Mon: Bernadine De Silva (bookkeeping)

Sacristan: Mary Stocco - Mob: 0412 742 657

#### MASS TIMES:

St Greg's: Sat Vigil 6.00pm; Sun 9.00am, 10.30am & 5.00pm

Wed & Fri 9.00am followed by Holy Rosary & Eucharistic Adoration

CHILDREN LITURGY: Sunday mornings @ 10.30am

YOUTH MASS EVERY 2ND SUNDAY OF THE MONTH AT 5PM: 8 FEB, 8 MARCH, 12 APRIL

Reconciliation: Saturdays 9.30-11.00am (or by appointment or before/after any Mass but allow time)

Anointing of the Sick before/after any Mass or by appointment

St Kevin's: Sat Vigil 5.30pm; Sun 9.15am; Tue & Thurs 9.15am

**"Wash your hands" says my son to his daughter: sensible hygiene is essential at home and at church.**

#### NEXT SUNDAY'S READINGS:

Fifth Sunday in Ordinary Time (A)

Isa 58:7-10, Ps 111:4-9, 1 Cor 2:1-5, Mt 5:13-16

BAPTISMS: Please ring the Parish Office for bookings

ST GREGORY THE GREAT CATHOLIC PRIMARY SCHOOL:

Tel: (03) 9848 4483

Email: [principal@sgdoncaster.catholic.edu.au](mailto:principal@sgdoncaster.catholic.edu.au)

#### PARISH SACRAMENTAL PROGRAMS:

Email Margaret O'Donnell at [margaretodonnell@gmail.com](mailto:margaretodonnell@gmail.com)

#### CHRISTIAN MEDITATION GROUP:

Wednesdays at 9.45am in the church meeting room

Contact Paola Cheng 0415 280 216

CORNERSTONE YOUTH GROUP: 3rd Fridays of the month 7.00pm-9.00pm

YOUNG ADULTS GROUP: 4th Fridays 7:15pm—9.30pm

ST VINCENT DE PAUL CONFERENCE: 3rd Mondays 7.00pm in the School Parish Room

ST GREGORY'S TENNIS CLUB: Membership enquiries: Gianna Alessio (President) 0438 410 506

Please pray for: Those who are sick at this time including Yuet Sim Chow, Jason Shum, Katica Puhajl, Camilla Banon, Michael Armenio, Elmo Silvapulle, Anna M, Anna Ng, Monia Iaconi, Chee Mee Lian, Emmly Luethampakdee, Phaisan Luethampakdee, Priscilla Cheng, Michael Mullens, Madelaine Fitzpatrick, Siv Cuasay

and for those who died recently and for those whose anniversaries occur about now Manuelpillai Wilfred Rajanayagam, Nikola Rukavina, Paul & Ruth Leung, Annie & Don McLoughlin



In Our Thoughts and Prayers

#### Words from the desk of the PP:

**Archdiocesan Synod / Parish Assembly:** There will be an Archdiocese of Melbourne Synod in October 2026. This will be a Melbourne expression of the Australian Plenary Council held in 2021/2 and the worldwide Synod on being a Synodal Church held in 2023/4.

The three focus areas for the Synod will be: Young Discipleship; Missionary Leadership; Formation and Participation. These topics have arisen from consideration of the results of the two gatherings mentioned above. To me, they are broad enough that they give us room to address issues relating to our parishes of Doncaster and Templestowe.

I would appreciate your thoughts – or the beginnings of your thoughts at least. They will help me have input for a meeting on 17<sup>th</sup> February. And they will help us carry on from a meeting on Friday, just gone. John Costa, Gearard O'Donnell, Peter Sheehan, Sauro Antonelli and I met to start the serious work of preparing for our own Assembly of both St Kevin's and St Greg's people with a main focus on discussing synodality and how we are living synodality in our parishes today.

In addition to 'synodality' and what it is, I am thinking that perhaps we could think a bit about the dreams we have for our parishes and take thinking further about the topics for the Archdiocesan Synod will form a part of this Assembly. We are currently thinking a May timeframe, but no firm date has been set.

On 17<sup>th</sup> February there is a gathering of priests to discuss the Archdiocesan Synod, which is why I would like some early thoughts on "being synodal" or on the Archdiocesan Synod topics: please send them to me [Charles.balnaves@cam.org.au](mailto:Charles.balnaves@cam.org.au).

I have given you all I know about the topics for the Synod but here are a couple of explanatory thoughts around the bald topic statements

Young Discipleship – I expect this will be about how we might speak the Good News into the lives of young people in Melbourne, in 2026. It will I imagine also be about you and I needing to reach out to young people and invite them to come and know Jesus; and it would be about trusting young people to be intentional disciples and help us to be better disciples.

Missionary Leadership – I expect this to be all about how we grow a culture, an active practice, that is welcoming and intentionally invites others who don't know Jesus, to come to find him through personal experience.

Formation and Participation – I expect this will relate to faith formation and prayer in all its forms but especially about rendering the Mass, Sunday Mass especially, as a 'wow' moment every time.

**Extreme Weather:** Please be careful – the heat this Summer is extreme – and the lack of cloud and rain mean that even moderate days can have fierce sun. Please ensure you stay covered or inside, keep hydrated, and speak with your doctor about YOUR needs in hot weather.

**School is back:** Remember to sit in the western pews now that children are back so that we can help ensure our children remain safe. Remember to drive carefully. AND ... the gates will shut at 9:30 am on school days, to help manage our children safely. If the gates are closed, drive up to the keypad/intercom and buzz the school to open the gates.

*God bless, Fr Charles.*

#### Lourdes Day Mass

Parishioners are invited to attend the annual Lourdes Day Mass at St Patrick's Cathedral, on Saturday, 14th February 2026 at 10.30am. This is a special occasion to pray for our sick, infirm and elderly and those who care for them. The principal celebrant at the Mass will be His Grace, Archbishop Peter Comensoli. Tell your friends about the Mass, especially those who aren't well. In fact, bring them along. A poster about the Mass is on display in the narthex of the Church.



Fr Charles' Prayer Intention for this week:

For our latest Alpha experience (with about 51 guests) that through food, information and conversation we will be able to help them hear the call of the Good News of Jesus Christ.

*St Gregory's is committed to growing a Child Safety Culture with Love*

**THIS WEEK**

Sat 6.00pm  
Sun 9.00am  
Sun 10.30am  
Sun 5.00pm

**LECTORS**

Peter Whiting, Gerard O'Donnell  
Tony Nimmo, Paola Villanueva  
Gril Job, Sauro Antonelli  
Thomas Ong, Jane Ma

**CARE OF THE CHURCH:** Stephen Ma

**MONEY COUNTERS:** Philip Dunlop, Christopher Lim

**NEXT WEEK 7/8 Feb**

Sat 6.00pm  
Sun 9.00am  
Sun 10.30am  
Sun 5.00pm

**LECTORS**

Noel & Cathy McClelland  
Jacqueline Rogers, Chris Perera  
Amanda Stefanovski, Tony Ting

**YOUTH MASS**

**CARE OF THE CHURCH:** Mary Wilson

**MONEY COUNTERS:** Josie Masters

**COMMUNION MINISTERS**

Sharron Wilkinson, Iris O'Farrell  
Margaret Wallace  
Maggie Yong, Mary Stocco, Erin Djukiadmodjo  
Margaret O'Donnell, Alfred Lee

**MORNING TEA:** N/A

**FLOWERS:** Julie Barlow

**COMMUNION MINISTERS**

Frances Cannizzo, Margaret O'Donnell  
Tony Nimmo  
Nuccia La Rocca, Behnaz Behmadi, Dai Sim

**YOUTH MASS**

**MORNING TEA:** N/A

**FLOWERS:** Geraldina Donato

For those who are Coeliac, we can provide low gluten (<20 pmm) hosts or a separate chalice. Please let the priest or sacristan know your need.

St Gregory the Great Catholic Primary School

(03) 8948 4483 principal@sgdoncaster.catholic.edu.au

For School Tours and Open Days visit

sgdoncaster.catholic.edu.au

Parish Facilities: The Tennis Club Room and Courts, Parish Hall and Parish Room are available.

Room bookings can be made:  
St.gregoryhall3108@gmail.com



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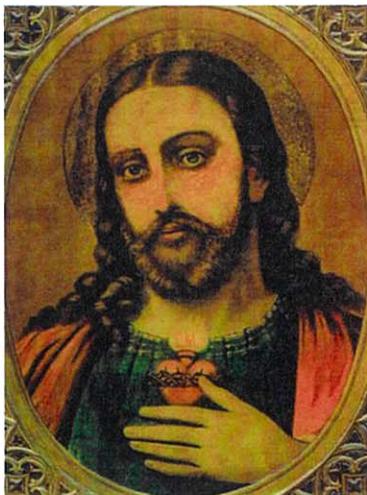
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A UNIQUE FAITH FILLED EXPERIENCE OF THE HEALING POWER OF OUR LORD

10 FEBRUARY | DONCASTER  
11 FEBRUARY | ROWVILLE  
12 FEBRUARY | LAVERTON

"I had breathing problems and had to use 2 inhalers - one twice a day and one once a day. After Alan prayed with me I no longer use my inhalers. This can only be a miracle!"  
- MARIÉ-THERÈSE

Tuesday 10 February 2026    Wednesday 11 February 2026    Thursday 12 February 2026

ST GREGORY THE GREAT  
71 Williamsons Rd  
Doncaster Vic 3108

ST SIMON THE APOSTLE  
2 Taylors Lane  
Rowville Vic 3178

ST MARTIN DE PORRES  
13-25 Bellin Street  
Laverton Vic 3028

6:30pm: Rosary

7:00pm: Mass followed by Alan Ames talk and healing ministry.

(The Sacrament of Reconciliation will be available throughout the evenings)

ALAN AMES has visited approximately 40 countries and will speak of his dramatic conversion from a life of alcoholism and violence to one that is now deeply prayerful and sacramental. Alan's healing ministry has resulted in hundreds of healings and conversions throughout the world.



Inquiries, please contact: Bernadette O'Hanlon | 0407 007 708 or Divine Mercy Publications 03 9830 4386



**Monthly YOUTH MASS**

Youth and Young Adults led Mass

**EVERY SECOND SUNDAY OF EACH MONTH AT 5PM**

UPCOMING DATES:

8<sup>TH</sup> FEBRUARY 2026  
8<sup>TH</sup> MARCH 2026  
12<sup>TH</sup> APRIL 2026



All are Welcome

**More information:**

St Gregory the Great Parish  
71 Williamsons Rd, Doncaster  
03 9412 8425    Doncaster@cam.org.au  
stgregs.org.au



**St Kevins & St Gregory's Parish Seminars Lent 2026**

Celebration of the Mass is our central action of worship wherein we seek a close communion with God and our community.

All are welcome to attend the two sessions which are to be held during Lent this year. Our Parish Pastoral Councils have invited **Fr. Frank O'Loughlin, retired priest, author and theologian**, to lead us in better understanding the structure and purpose of the Mass as the central act of faith in our Catholic tradition.

**Session 1:**

Exploring the fundamental shape of the Mass.  
Sat Feb 21 10.00am to 1.00pm.

**Session 2:**

Gaining a richer understanding of the Mass.  
Thu March 5, 7.00pm to 9.00pm.

Both sessions will be held in St Gregory the Great Church gathering space to ensure we have a relaxed space that is large enough for all of you to come.

Father Frank will provide a rich encounter with the Mass and put into context your important role within it. He is an engaging presenter, willing to discuss any questions you may have. His presentations and his answers arise from his experience as a priest, a renowned theologian, and an adult educator. He has researched and taught in the areas of fundamental theology, sacramental theology and liturgy in the Archdiocese of Melbourne for the last 50 years. In recent years he has published several books.