



Our Lady of Perpetual Help Parish Ringwood

14 Bedford Road, Ringwood 3134

Phone: (03) 9926 2330 After hours: 0468 589 039 Fr Dispin: 0413 683 153

Email: Ringwood@cam.org.au Web: www.pol.org.au/ringwood



Fourth Sunday in Ordinary Time

January 29 —Year A

Parish Information

Parish Priest

Fr Dispin John

Assisted by

Fr Michael Kelly CSsR

Fr Len Size (retired)

Deacon

Rev. Phil King

Philip.King@cam.org.au

Parish Catechist

Kaye Clancy

Pastoral Care Worker

Loredana Iacobucci

Parish Secretary

Janine Meades

Office hours

Mon, Tues, Fri 9:30-2:30

Weekend Mass Times

Saturday Vigil 5pm

Sunday 9:30am

Week Day Masses

Tuesday 6:00pm Mass and Novena

Thursday 9:15 am

Liturgy of the Word & Communion

Wednesday 9:15 am

Friday 9:15 am

Confessions

Thursday 9:45 am

Baptism

Please contact the office.

Weddings

Please contact the office.

Our Lady of Perpetual Help School

Acting Principal: Lis Thompson

admin@olringwood.catholic.edu.au

2 Wilana Street, Ringwood

98707227

Exploring the Word

Points of interest and Catholic lore

- This collection of sayings is known as the 'Beatitudes', which means 'blessings'.
- This text is also known as the 'Sermon on the Mount'. Luke also has a version of this text, but his account is set on a plain by the Sea of Galilee (Luke 6:20–26). Compare the two versions.
- Just as Moses received the Law on Mount Sinai, Matthew situates Jesus on a mountain as he gives the new law.
- There are a number of instances in his gospel where Matthew parallels Jesus with Moses. Again, this may be to appeal to the largely Jewish audience of his own community.

Making connections - Opportunities for personal prayer

- Who do you know who is 'poor in spirit', 'gentle', a 'peacemaker', 'merciful', 'pure in heart'? How are these qualities manifested?
- Pray for those people this week.
- This gospel presents a surprising teaching on the source of happiness. Recall a time when you experienced complete happiness and joy. What was the source of that happiness? Compare this with what the media and advertising present as sources of happiness in today's society.
- Live the Beatitudes as consciously as possible this week.
- Read and reflect on the Beatitudes this week. Can you write one for yourself?

Symbols and images

The 'poor' are those who are not smug and self-satisfied. Those who 'mourn' are those who grieve at the effects of sin in the world. The 'meek' are the lowly and powerless in any situation. Those who 'hunger for righteousness' are those who long for justice and peace. The 'pure of heart' are those who seek God alone. The 'peacemakers' are those who work to restore broken relationships. Those who are 'persecuted' are those who are ridiculed for their faith. Taken all together, the Beatitudes describe what a Christian should be like.

Please pray...

For those who are sick or suffering serious illness, their families and loved ones who care for them, Peter Harris

For those who have died recent

For those whose anniversaries occur at this time, William Thomas, Shirley Conway, Frank Kelly

Readings

5th Sunday in Ordinary Time

Is 58:7-10

Ps 111:4-9

1 Cor 2:1-5

Mt 5:13-16

The Parish of Our Lady of Perpetual Help, Ringwood is committed to the safety, wellbeing and dignity of all children and vulnerable adults.

Parish Ministries January 28/29

Lectors

Saturday 5:00 pm John Noronha

Sunday 9:30 am Allan Jones
Kathy Munro

Extraordinary Ministers of Communion

Saturday 5:00 pm

Sunday 9:30 am

Music Ministry

Saturday 5:00 pm

Laptop: Bob Munro

Sunday 9:30 am

Zomi Choir
Laptop: Zomi Choir

Outreach Pastoral Care Ministry

Dear Parishioners,

Pastoral care is available @ Our Lady's, if you or someone you know would like to have a chat, please don't hesitate to call me on 0423 313 336 or e-mail loredana.iacobucci@cam.org.au. God bless Loredana

Parish Catechist- Kaye Clancy

For sacramental preparations for those not attending the Parish School, please contact Kaye via email Kaye.clancy@cam.org.au

Children's Liturgy—Sunday 9:30am Mass

Each Sunday during the school term. All school age children are welcome to attend.

1st Sunday of the Month—February 5

Polish Mass 8:00am

4th Sunday of the Month—February 26

Zomi Community Mass 2:00pm.

Filipino Mass: 4:00pm

Morning Tea

Why not stay awhile and find someone you haven't met yet? A good way to grow our community after 9:30 mass.



Anointing & Healing Mass—2nd February

There will be an Anointing and Healing Mass on the first Thursday of each month at 11:00am. Followed by morning tea.

2023 Sacramental Program

Applications for 2023 sacramental programs are open for those children not attending Our Lady's Parish School. Lessons for First Holy Communion begin on 21 February, Confirmation on 3rd May and first Reconciliation on 11 July. Contact Kaye Clancy via email ringwood.catechist@gmail.com

TRIUMPH Lenten Program 2023 Book

We have ordered copies of the Wollongong Lenten Program which will be available from the Piety Stall in the days leading up to Ash Wednesday (22 February).

Children's Liturgy

As the new school term begins we are refreshing the roster for people to lead Children's Liturgy at Sunday Mass. We are inviting people to join the team either as a leader or as an assistant. Please see Deacon Phil or Fr Dispin.

Fundraising Committee

We are preparing a fundraising campaign to raise money for new carpets in the church. If you would like to be on this committee please see Fr Dispin or Deakin Phil.

New to the Parish?

Please fill out a parish census card available in the Narthex and return to the office. Also you might like to consider participating in the Stewardship Program—forms available.

Our Lady's Table Tennis

Feel like a game of table tennis? Come along by yourself or bring a friend or two and join in the fun on Monday 10-12 in the Parish Hall. Wear appropriate footwear and bring your vaccine certificate. We provide equipment and a cuppa. You give us \$3 and energy. New players welcome.

'Month's Mind' Mass - Pope Emeritus Benedict XVI

A memorial Mass for Pope Emeritus Benedict XVI will be celebrated by Archbishop Comensoli at St Patrick's Cathedral on Sunday 29 January, 6.30pm - approximately one month after his death.

Expired Working With Children Check

You do need a current WWCC to conduct any volunteer work in the parish. Please check your Working With Children... it may need to be renewed. If you are having difficulty renewing it online, you're welcome to come to the office and Janine can assist you.

Child Safety

The Child Safety Officers (in high-vis vests) should be a first point of contact for any concerns regarding child safety. Remember we ask that children be accompanied by a parent or older sibling when they leave the church to go to the toilet in the Narthex.

COVID Safety

Here is a timely reminder about the Parish COVID Safety Plan:

- * Hand sanitizer is available at the entrance and around the church.
- * Wearing face masks indoors is recommended but not compulsory.
- * We maintain safe distances where possible and appropriate.
- * Ministers of Holy Communion must sanitise hands and wear a face mask.

Receiving Holy Communion in the hand helps to maintain a safe distance and avoid direct transfer of pathogens.

Blood Donors Needed

Locally we are in need of blood donors, especially on 26th and 27th January, and I was hoping that you may be able to encourage eligible parishioners to make some time to donate on either of these days.

Of course blood donations are needed every day, so if these dates are not suitable for individuals they are most welcome to book in for any other day that is convenient. Bookings to donate are a must and can be made by calling 13 14 95 or via <https://www.lifeblood.com.au/>. Blood donation is free to do and only takes an hour of your time, with every donor having their blood pressure, pulse and haemoglobin levels checked prior to donating – so it is a good screening for one's own health status.

The Ringwood donor centre is located at 38 Charter Street, Ringwood (between Bunnings and Costco), and is open 7 days a week to collect blood, plasma and platelet donations from the local community.

Aid to the Church in Need

Aid to the Church in Need is asking for support to aid sisters in Kenya in building a new mother house and formation centre for their local community. Hunger, illiteracy, and lack of medical provision, combined with desperately poor roads and a lack of clean drinking water make life incredibly difficult for many people in Kenya. The diocesan congregation of the "Visitation Daughters of the Immaculate Heart" were established in order to help this needy population - but to continue their work they need your help! The sisters' work includes caring for

expectant mothers, acting as midwives, providing counselling, caring for the sick and looking after the elderly and orphans who are frequently abandoned by society.

Your support will help these sisters to continue their mission by providing them with a permanent convent.

To make an offering and learn more visit <https://aidtochurch.org/monthlyproject> or scan the Qr code.



This week on the Journey (Ep 495)

On the Journey this week: In the Gospel reflection Fr Mark De Battista tells why the poor in spirit are blessed. Mother Hilda shares her experience of being told to have a nice day. Plus, Deacon Josh Clayton challenges the idea that Christianity is only for oldies, Trish McCarthy says we can learn a lot about mealtimes from Jesus, Fr Mike Delaney having a chance encounter in a shopping centre creates an opportunity for parish community growth, and more great music!

Visit www.jcr.org.au or www.itunes.jcr.org.au where you can listen anytime and subscribe to weekly shows by email. Got friends or family who you'd like to hear this show ever week? **The Journey** is a weekly program developed by the Catholic Diocese of Wollongong and is the only Catholic radio program in Australia aired on general Christian radio.

PRAYER LINE MINISTRY @ OUR LADY'S

"Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people." Ephesians 6:18

"Pray for one another, that you may be healed" (James 5:16).

For prayer requests, please call Loredana 0423 313 336 or contact the Parish Office.

God is speaking to us

Lord help me to remember that nothing is going to happen to me today that You and I together can't handle.

In Jesus' name, I pray.

Amen.

1 Our Father

3 Hail Mary

1 Glory



Stewardship Corner

"Blessed are the poor in spirit, for theirs is the kingdom of heaven." MATTHEW 5:3

The phrase "poor in spirit" can be confusing. Think of it in this sense – poor in spirit means depending on God's providence and not depending on our own self-reliance. Being detached from earthly things (power, money, and comfort) and being attached to heavenly things (charity, sacrifice, and mercy). Denying ourselves from satisfying our desires and helping others obtain their basic needs.

Supporting the Parish

Through the Stewardship Program, parishioners are asked to pledge a weekly/monthly amount to the upkeep of the parish. This allows the parish to pay utility bills, insurance premiums, Archdiocese levies, purchase church supplies and pay staff wages. This amount is given as the "Thanksgiving Offering" and placed in the appropriate envelope or given as a direct debit.

The 'Presbytery Offering' along with any loose cash contributes to the support of the Parish Priest. A percentage of the Presbytery collection is also required to be sent quarterly to the Archdiocese.

To become part of the Stewardship Program, please contact the office for further information on how this can be done or click the link below to take you to CDFPAY and choose how you wish to support the parish.

to support our parish click [HERE](#).

Please nominate where you wish your support to go.

Parish Meetings

Parish Pastoral Council: First Wednesday of Month

Parish Finance Council:

Safeguarding Committee: Third Wednesday of Month

St Vincent de Paul

For welfare enquiries please call Vinnies on 1800 305 330 Mon -Fri 10am –3pm

Piety Stall Opened:

After 5:00pm Mass Saturday night and after 9:30 am Mass Sunday.

Before and after the Zomi and Filipino Masses held on 4th Sunday of the Month.

If we do not have what you are looking for, please advise, we are more than happy to order requests.

Sharing from St. John's Parish Mitcham

Phone: 03 9401 6366 or 0402 330 128

Email: Mitcham@cam.org.au

Website: www.stjohnsmitcham.com.au

Weekday Masses

Tuesday, Wednesday, Friday: 10:00a.m.

Weekend Mass Times

Sat Vigil 6pm, Sun 8:30am, 9:45am, 11:15am, 5pm

Venue hire– St Johns

Call Manuela at St John's Parish Office for more information.

<https://stjohnsmitcham.com.au/venue-hire>

Christian Meditation

We meditate fortnightly. You are most welcome to join us. No experience needed. Free of charge. If you are interested in deepening your spirituality, or want to strengthen your connection to God, you must try this. To indicate your interest or for any enquiries: Chris Ryan at the Parish Office, 9401 6366. Or simply turn up on the night. Looking forward to seeing you!

House of Books

Finished your 'to be read pile'! Looking for a good book to read? Visit the House of Books, located at 508 Whitehorse Rd, Mitcham, next to St. John's Church.

All books, CD's and DVD's have been donated and there are books for every taste, including fiction and non-fiction and an extensive children's section. Prices generally range from \$1-\$5.

