

FIFTH SUNDAY IN ORDINARY TIME YEAR B

Entrance Antiphon Psalm 94:6-7

O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

A reading from the book of Job

Job 7:1-4. 6-7

I am filled with sorrow all day long.

Job began to speak: Is not man's life on earth nothing more than pressed service, his time no better than hired drudgery? Like the slave, sighing for the shade, or the workman with no thought but his wages, months of delusion I have assigned to me, nothing for my own but nights of grief. Lying in bed I wonder, 'When will it be day?' Risen I think, 'How slowly evening comes!' Restlessly I fret till twilight falls. Swifter than a weaver's shuttle my days have passed, and vanished, leaving no hope behind. Remember that my life is but a breath, and that my eyes will never again see joy.

The word of the Lord.

Responsorial Psalm Ps 146:1-6. R. v.3

Praise the Lord who heals the broken-hearted.

A reading from the first letter of St Paul to the Corinthians

1 Corinthians 9:16-19. 22-23

Punishment will come to me if I do not preach the Gospel.

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

The word of the Lord.

Gospel Acclamation Matthew 8:17

Alleluia, alleluia! He bore our sickness, and endured our suffering. **Alleluia!**

A reading from the holy Gospel according to Mark Mark 1:29-39

He cured many who suffered from diseases of one kind or another.

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

The Gospel of the Lord.

Communion Antiphon Matthew 5:5-6

Blessed are those who mourn, for they shall be consoled. Blessed are those who hunger and thirst for righteousness, for they shall have their fill.

Next week's readings

First reading	Leviticus 13:1-2. 44-46
Responsorial psalm	Ps 31:1-2. 5. 11. R. v.7
Second reading	1 Corinthians 10:31 – 11:1
Gospel	Mark 1:40-45



St. Thomas More Parish, Belgrave

The Catholic Church in the Dandenong Ranges

P.O. Box 100, Belgrave, Victoria 3160
Phone: 97542141
Office Hours: 9.30am–2pm Tuesday to Friday
Internet: pol.org.au/belgrave

The Parish of St Thomas More and the Archdiocese of Melbourne are committed to the care, wellbeing and protection of children, young people and vulnerable people in our community. May our message be that child protection and the dignity of every person is the responsibility of every adult. You can find out more about the Church's work in this area at: www.catholic.org.au/responseandprevention

Our Parish Vision Statement:
We are called to be a welcoming, compassionate community, empowered for our faith journey for active service.....

CHURCH CENTRES		St. Joseph's Church Emerald Cnr. Emerald-Monbulk & Cornish Roads	Sacred Heart Church Gembrook Main Road	St. Thomas More Church Belgrave 17 Terry Avenue, Belgrave	St. Paul's Church Monbulk 59 Moores Road
MASS TIMES	WEEKEND	Vigil Mass 6.00pm	9.00am	9.00am	11.00am
	WEEKDAY			9.00am	

FIFTH SUNDAY IN ORDINARY TIME YEAR B - 3RD/4TH FEBRUARY, 2024

REFLECTION by Dianne Bergant CSA

Today we see three snapshots from the photo album of life.

Suffering comes to everyone. It can take such a hold of us that the happiness of the past is swallowed up, the beauty of better days is forgotten, and the hope of a brighter future is imperilled. Life ceases to be an adventure and takes on the guise of drudgery. At such times suffering appears to be our permanent fate, and life seems too short for suffering to run its course. If we become identified with our distress, we will be tormented.

Jesus knew the harshness of life, because he was one of us. He saw it in the lives of those he loved, and he was touched by their torment. He came to release people from the demons that possess them, from the illness that undermined their lives. He came to bring the reign of God, the reign of peace and fulfilment. He came to heal the brokenhearted, to bind up their wounds.

Paul was a messenger of this gospel of salvation and fulfilment. He was so committed to his mission that he empathised with all those who heard his preaching – the slaves, the weak, the brokenhearted, all those who knew well the harshness of life. Now it is our turn. We are the disciples who must bring the good news to the brokenhearted, to those who are enslaved, to those who are weak. We are the ones who will then share in the blessings of this good news.

<https://www.liturgyhelp.com/calendar/date/2024Feb04/0/RefDiBer>

The Pope's Monthly Intentions for 2024 — Month of February

For The Terminally Ill Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment.

<https://columban.org/prayerintentions>

WE ARE A CHILD SAFETY PARISH AND WE BELIEVE IN CHILD SAFETY.

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Chairperson — Evie
Sue Luxford
PARISH PASTORAL COUNCIL:
Monbulk: David Bhoynz
Belgrave: David Bhoynz
Gembrook:
Emerald: Evie and Irene Reed

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REMEMBRANCE IN OUR PRAYERS:

Recent deaths: Mrs. Garikapati.

Many people across the world who have died due to natural calamities and ongoing Wars. May their souls rest in peace.

Anniversaries:

Nathalie Mcdermott, Lucy Rawlins, Ted Regan, Marilyn Fitzmaurice, John Kruyer, Max Proctor, Hermino Baladares, Karl Visser, Kathleen Martine, Alex West, Baptiste Colussi, Hugh Lane, Time Foley, John Weichard.

Prayers for the Sick: We pray for all who are ill, but especially the following people: Vinesh Prasad, Flynn Kroeger, Verity Loke, Helen Bye, Stephen Billington, Anne Radocaj, Simon Kuyper John Barber, Dimuthu, Glen Butler, Juhyeon Kim, Peter Hicks, Margaret Campion, Cameron DiCasio, Jack Weir, Ewa Wallis, Jane Schellenbach, Rebecca Jane Atkinson, Daniel, Mason, Hero, Helen Smith, Irene, Debbie Owens, Don Kempster, Pat McCarrick, Justin, Tom Fergus, Josie Walsh, B. O'Connor, Maureen Lyons, Ingvyn Collins, David Bourke, Eileen Banyard, Brendan, Martin Fergus, Margaret, Maureen, Patricia Gilchrist, Stephen Mc., Cheryl McInnes, Kate Arnott, Julian Neesham, Fa Perisipi, John Reid, Dieter Farmer, Margaret Sheanon, Dianne Zidek, Mark Pickthall, Terry Schubert, Neil Weatherill, Margaret Herbert, Rob Zwagerman, Joshua McQuade, Lanie Brereton, Sandra Dowling, Francesca, Neil Holland, Maureen Hughes, Marilyn Ward, Isabelle Henry, Phillis Willoughby.

- **Sick List: If you are aware that any names on the sick list need to be removed, please contact the Parish Office on 97542141.**

Reading Roster 4th February

Mia Jansen and Sharon Bennett

Those who would like to visit Jane Schellenbach:

Jane Schellenbach is at Martin Luther Homes in the Basin, she is in room 14 of Transition Care Program, they like people to book on-line one day in advance and to bring a current negative RAT. All details & booking info are on their website.

Fr Cruz

Holy Week Timeline



14th February	Ash Wednesday
24th March	Palm Sunday of the passion of the Lord
28th March	Holy Thursday
29th March	Good Friday /Passion of the Lord
31st March	Easter Sunday/Resurrection
7th March	Divine Mercy Sunday

ORDER OF MALTA LOURDES DAY MASS - SATURDAY 10 FEBRUARY 2024

For some years now, the Order of Malta has organised an annual Lourdes Day Mass to provide an opportunity to pray for the sick and infirm particularly for those who would not otherwise have the possibility of visiting Lourdes.

The Mass will take place again on **Saturday, 10th February at 10.30am at St Patrick's Cathedral**, with Archbishop Peter A Comensoli as the principal celebrant.

God and Beer February

Topic: Catholicism at the Movies

Speaker: Jeremy Ambrose

Date: Monday 12th February

Time: 6.30pm dinner available for purchase, 7.30pm for the talk

Cost: Free (donations gratefully accepted)

Venue: Notting Hill Hotel ([Steakhouse Room](#)), 260-262 Ferntree Gully Rd, Notting Hill, VIC

Register: Godandbeer.com.au

St Thomas More Primary School
OPEN DAY
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SESSION STARTS 9.30AM TO 10.30AM
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SCAN QR CODE TO BOOK YOUR OPEN DAY TOUR

The Stations of the Cross

Every Friday at 7pm at St. Thomas More Church Belgrave. (**From 16th February**).



We encourage parishioners to bring Palm leaves from last year, to church on Sunday (4h and 11th February)

Ash Wednesday mass — St. Thomas More Church, Belgrave - 14th February at 9am and 7pm

For details relating to Baptisms, Marriages & Anointing of the Sick, please contact the parish office.

Fr. Cruz celebrated his birthday on 2nd February.

Happy birthday, Father. May God's love and peace be with you always.

Working Bee

Saturday 10th of February 10 am till 2.00 pm

As many spiders have taken up residence in the church and bathrooms at the church, we are inviting anyone who is free to come and join us for a working bee to give the church a good clean and hopefully paint the entrance windows inside and out, a job we have been trying to get to for some time.

We do now have a cleaning roster, which was suspended during January, so it is an opportunity to assist the regular cleaners if we can do a full clean to assist their regular fortnightly efforts.

Please bring some long cobweb brushes if you have them and some extra vacuums.

Morning tea and lunch provided.

Any enquiries please call, Maureen Coyne 0431483963



Church Working Bee

Ash Wednesday - February 14th, 2024



The first day of Lent

Ash Wednesday is one of the most popular and important holy days in the liturgical calendar. Ash Wednesday opens Lent, a season of fasting and prayer.

Ash Wednesday takes place 46 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words: "Remember that you are dust, and to dust you shall return."

Alternatively, the priest may speak the words, "Repent and believe in the Gospel."

Ashes also symbolize grief, in this case, grief that we have sinned and caused division from God.

Writings from the Second-century Church refer to the wearing of ashes as a sign of penance. Priests administer ashes during Mass and all are invited to accept the ashes as a visible symbol of penance. Even non-Christians and the excommunicated are welcome to receive the ashes. The ashes are made from blessed palm branches, taken from the previous year's palm Sunday Mass. It is important to remember that Ash Wednesday is a day of penitential prayer and fasting. Some faithful take the rest of the day off

work and remain home. It is generally inappropriate to dine out, to shop, or to go about in public after receiving the ashes. Feasting is highly inappropriate. Small children, the elderly and sick are exempt from this observance.

It is not required that a person wear the ashes for the rest of the day, and they may be washed off after Mass. However, many people keep the ashes as a reminder until the evening.

Recently, movements have developed that involve pastors distributing ashes to passersby in public places. This isn't considered taboo, but Catholics should know this practice is distinctly Protestant. Catholics should still receive ashes within the context of Mass.

In some cases, ashes may be delivered by a priest or a family member to those who are sick or shut-in.

Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday, through which we attain redemption.

Why we receive the ashes

Following the example of the Ninevites, who did penance in sack-cloth and ashes, our foreheads are marked with ashes to humble our hearts and reminds us that life passes away on Earth. We remember this when we are told

"Remember, Man is dust, and unto dust you shall return."

Ashes are a symbol of penance made sacramental by the blessing of the Church, and they help us develop a spirit of humility and sacrifice.

The distribution of ashes comes from a ceremony of ages past. Christians who had committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts which they were to wear during the forty days of penance, and sprinkled over them ashes made from the palms from the previous year. Then, while the faithful recited the Seven Penitential Psalms, the penitents were turned out of the church because of their sins -- just as Adam, the first man, was turned out of Paradise because of his disobedience. The penitents did not enter the church again until Maundy Thursday after having won reconciliation by the toil of forty days' penance and sacramental absolution. Later, all Christians, whether public or secret penitents, came to receive ashes out of devotion. In earlier times, the distribution of ashes was followed by a penitential procession.

The Ashes

The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. The ashes are christened with Holy Water and are scented by exposure to incense. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. His Divine mercy is of utmost importance during the season of Lent, and the Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance.

<https://www.catholic.org/lent/ashwed.php>