



# The Parish of St Paul of the Cross - Glen Osmond/Parkside

**31st January - 1st February, 2026 ♦ 4th Sunday in Ordinary Time, Year A**

We are an inclusive Catholic Community connecting people to God and to one another.

## Today's Theme: OUR NOTHINGNESS

Yes, we can celebrate today our nothingness in the eyes of the world, because God has looked on our humility and lowness and given us the wisdom, virtue and holiness of Christ. He alone is our boast.

**Entrance Antiphon:** Save us, Lord our God, and gather us together from the nations, that we may proclaim your holy name and glory in your praise.

**Response to the 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!

**Communion Antiphon:** 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.

## MASSES FOR THE FOLLOWING WEEK

31st January - 6th February

	St Raphael's	St Paul's
<b>Saturday</b>	5:30pm	6:00pm
<b>Sunday</b>	9:30pm	8:00am 10:30am 5:00pm
<b>Monday</b>		9:30am
<b>Tuesday</b>		9:30am
<b>Wednesday</b>		9:30am
<b>Thursday</b>	9:30am	
<b>Friday</b>	9:30am	
<b>Adoration of the Blessed Sacrament at St Raphael's Church</b>		
<b>Thursday</b>	10:00am until 1.30pm	
<b>Friday</b>	10:00am until 1.30pm	
<b>Saturday</b>	12:00am until 3:30pm	
<b>Sunday</b>	10:30am until 4:00pm	
<b>Hot Weather:</b> Kindly note that adoration is cancelled when the		

## Roster for 7th - 8th February

St Paul's		St Raphael's	
6:00pm	R: Gidget C. E: Vincent C.	5:30pm	R: Andrew W. E: Eleanor L.
8:00am	R: Keith B. E: Amritha A.	9:30am	R: Irma S. E: Rosa F.
10:30am	R: Zuzanna S. E: Ros R.	<b>Count Team: 5</b>	
5:00pm	R: Alison Gore E: Liliana B.	<b>Altar Society:</b> Vera-Ann S. & Melanie	

**Next Sunday's readings:** 5th Sunday in Ordinary Time

**1st Reading:** Is 58:7-10

**2nd Reading:** 1 Cor 2:1-5

**Gospel:** Mt 5:13-16



## MASS & DEVOTIONS IN HONOR OF THE IMMACULATE HEART OF MARY

Saturday 7<sup>th</sup> February 2026, 12pm at St Raphael's Church, Parkside.

Confessions from 11:15am - 11:45am.

Holy Rosary recited at 11:30am.

Mass at 12.00pm. Adoration of the Blessed Sacrament follows Mass until 3:00pm.

Divine Mercy Chaplet at 3.00pm and concludes with Benediction.

Enquiries: Elizabeth 0431 664 382

The intention for this month's Mass will be that we may always honour and reverence human life from the moment of conception until natural death and give glory to the Holy Spirit Who is the Lord and giver of life.

## GIVE EASY

Please scan the QR code for a link to our collections:

### 1st Collection

Support of Clergy

### 2nd Collection

Support of Parish



## LET US REMEMBER TO PRAY FOR EACH OTHER

**Sick:** Kylie, Mary Batley, Isabella, Giovanni Ferrone, Von Hill, Gloria Phillips, Anton Sylvester, Amalie Leditschke, Amy & Jude, Chris Harwood

**Recently Deceased:** Carolina Carrara (Mother of Fr Giuseppe Adobati – Superior General)

**Anniversaries:** Kistu Tellis, Jillian McWilliam, Annie Barry, Fr David Abfalter, Thomas David, Sylvia Beare, Brendon McGee, Patricia Hremias, Anastasia Spiniello, Medoro Spiniello, Giuseppina Spiniello

We acknowledge the traditional custodians of the land on which our parishes, communities and offices stand and we pay our respects to Elders past, present and emerging.

We commit ourselves to actively work alongside indigenous people for reconciliation and justice.

## The Beatitudes: Comfort — and Command

Both Matthew and Luke give us Christ's vision and outlines it in the Beatitudes. Sadly, "Blessed are you" in our Lectionary is translated as "Happy are you..." Each in fact is a Blessing from God with consequences.

Saint Luke's version is short, direct, and consoling. He is speaking to the poor, the hungry, the grieving, the excluded, the persecuted. He is not talking about them. For Luke, Jesus is reaching out to those who are scraping by, carrying loss, living close to the edge. Jesus doesn't tell them, God will take all this away, nor does he justify it. But he names it for what it is, and says: 'Don't doubt, never doubt, God sees and God is close'. For Luke that is the blessing. God isn't asking them to be martyrs, but God's presence offers them dignity. This blessing assures them that their lives are not meaningless, that their pain has not placed them outside God's care.

So, the purpose of Luke in telling the Beatitudes is to comfort those in hardship. Luke's Beatitudes are, first of all meant to comfort, to encourage, to reassure.

Saint Matthew's Beatitudes come later, for his community, life has become more stable, more secure, more settled. His community is not in the immediate struggle as was Luke's. But Matthew is offering his community a challenge — to actively share the suffering of those who are in pain or need. The hunger is now described as a hunger for justice; poverty becomes poverty of spirit; meekness and mercy become ways of choosing to live. Jesus in Matthew doesn't just encourage us to feel sympathetic but to do something, be something, to work for change. Matthew is not weakening the Beatitudes — he is aiming his words at the comfortable. He is not consoling; Jesus is summoning to action.

So, the Beatitudes do not speak the same way to everyone. They sound different if you are comfortable and safe than if you are barely surviving.

For those living hard lives, Jesus is not saying that pain itself is good. He is saying that suffering does not get the final word. That insight echoes powerfully in the witness of Viktor Frankl, who survived Auschwitz and later wrote "Man's Search for Meaning". Frankl observed that people can endure almost any 'what' if they had a 'why'. Meaning did not remove suffering, but it made it bearable. Their endurance matters. Their lives matter.

But for those of us whose lives are comparatively comfortable, Matthew's Beatitudes press much harder. Here the Beatitudes stop being something that happens to you and become something you must choose. Poor in spirit. Merciful. Peacemakers. Hungry for justice. These are not conditions to endure; they are decisions to make.

Matthew's Jesus warns that comfort can make us 'comfortable', numbs us to the suffering around us. We let the passion die. Victor Frankl for Luke. Perhaps Dylan Tomas for Matthew.

*Do not go gentle into that dark night...  
Rage, rage against the dying of the light.*

Discipleship comes at a cost; it won't let us make peace with injustice or turn our eyes away when human dignity is trampled upon.

Matthew's Beatitudes insist that discipleship costs something. That mercy must inconvenience us, peacemaking draw resistance. Hungering for justice won't tolerate indifference. And if you are being persecuted, then you must be getting something right.

Luke tells suffering people that their lives already matter. Matthew asks the comfortable, whether they will spend their lives for what matters.

So, I ask myself this week, "Where do these words meet me — as comfort, or as command?"

### TAA

This week, choose one Beatitude and live it deliberately for seven days - not heroically, just faithfully.

- If you choose "**Blessed are those who mourn**": Allow yourself to feel what you usually avoid. Sit with grief, yours or another's without fixing it.
- If you choose "**Blessed are the meek**": Hold back a sharp word. Choose gentleness where strength would usually mean dominance.
- If you choose "**Blessed are those who hunger and thirst for justice**": Read one story you would normally scroll past. Donate, write, or speak — quietly, steadily.
- If you choose "**Blessed are the merciful**": Forgive a small debt. Release a resentment. Stop rehearsing an old injury.



## REINTRODUCTION OF THE CHALICE

To reintroduce Communion under both kinds, we are seeking parishioners willing to serve as Extraordinary Ministers of Holy Communion. Please speak to the priest after Mass or contact the Parish Office for details.

All EOMHC must complete Chalice training, hold a WWCC, and complete Safeguarding Essentials Training, after which they will be mandated by the Archdiocese of Adelaide.

Dates for training of EOMHC:

February 3rd – Salisbury Catholic Parish 6.30pm – 8.30pm

February 5th – Salisbury Parish 10am – 12pm

Adelaide Hills Parish – 6pm – 8pm

## BOOKS 'N' BIKKIES

New Year, New Day! Everyone is welcome to come along and share their summer reading with others who love books too! Have a cuppa and a sweet treat while finding out what books are great to read (or not!) On Thursday the 5th of February from 10am until 12noon in the Sebastian Centre.

## PARISH WALK

Our first Parish Walk for 2026 will take place on Saturday 7 February at 10am. We will meet at St Raphael's Church for a historic walk around Parkside and then finish up at a local café. New and *established* parishioners are all invited.

## MORNING REFLECTION WITH FR TOM

"Living life with heart and mind renewed"

Join us for our next Morning Reflection with Fr Tom McDonough CP on the 14th of February at The Monastery.

Doors open at 9:00am. Morning tea will be provided. Participants are welcome to bring a packed lunch to enjoy in The Monastery Gardens. Bookings essential - please contact The Monastery office to book, email [conference@themonastery.net.au](mailto:conference@themonastery.net.au) or call 8338 8700.

\*Suggested donation of \$25.00

## ST VINCENT DE PAUL SOCIETY

The Glen Osmond Parkside Conference is looking for new members to join its team. Members live out their faith in action by visiting companions to provide support, friendship and assistance with food, clothing and the payment of some bills. As well as visiting people in need, we meet once a month to reflect on the service we offer our companions.

Please contact Marie Davis on 0417 713 327 if you wish to join us or know more about what we do.

## SHROVE TUESDAY MORNING TEA

February 17th after the 9.30am Mass at St Paul of the Cross, everyone is welcome to stay for a "Pancake Morning Tea". Tea/coffee, pancakes and some toppings will be provided for a donation to Project Compassion. It will also see the launch of not only Project Compassion but also "The Long Walk for Water" in our parish.

More details to follow.

## WALK FOR LIFE – LOVE ADELAIDE

The Vicar General, **Fr Dean Marin**, is encouraging everyone to attend the upcoming **Walk for Life**, hosted by Love Adelaide.

- **Saturday 7 February 2026**
- **10:00am – 12:00noon** (Gates open from 9:00am)
- **Pennington Gardens**, opposite St Peter's Cathedral, North Adelaide

This year's theme is "**Human from Conception.**"

**Free tickets** are required and can be booked at:

[trybooking.com/DGGPU](http://trybooking.com/DGGPU)

**Parking:** \$5 donation parking available at Adelaide Oval (enter from Pennington Terrace).

Please remember to bring a drink bottle, slip, slop and slap, and **wear a white shirt**.

No megaphones or personal signs are permitted; official signs will be provided by Love Adelaide. Participants are asked to follow the directions of marshals and police and walk peacefully with love.

For more information, please visit

[loveadelaide.org.au](http://loveadelaide.org.au) or check the notices on the parish bulletin boards.



## THE WHOLE PEOPLE OF GOD AS ACTIVE SUBJECTS OF GOD'S MISSION - WEBINAR

The Australasian Catholic Coalition for Church Reform (ACCCR) and Garratt Publishing invite you to an online webinar exploring synodality, shared leadership, and the call of all people to participate fully in God's mission.

**Presenters:** Fr Ormond Rush and Francis Sullivan

**When:** Thursday 5 February 2026

**Time:** 7:00 pm (AEDT)

**Where:** Online via Zoom

**Cost:** Free

Registration is required. The webinar will be recorded and available to registered participants following the event.

For registration and further information head to: <https://garratt1.wufoo.com/forms/k18ntvjf1677ma7/>

## WHERE HEARTS CONNECT AND PEOPLE THRIVE

Connecting Palms is a proud registered NDIS and Aged Care (CHSP) provider supporting individuals and families across South Australia. We are committed to delivering compassionate, person centred services that empower people to live with dignity, independence, and confidence.

### Our Services

- Daily living assistance and personal care
- Community access and social participation
- Support coordination and capacity building supports
- In home and community based assistance
- Supported Independent Living (SIL) and respite options
- Tailored support for individuals with complex needs
- Additional services to help you achieve your goals, including cleaning, gardening, home maintenance, and minor repairs

If you or someone you care about could benefit from our support, we would love to help. Contact us on 08 7084 5242 or 0422 314 542.

# Parish Mission Statement

Guided by the Gospel, our Catholic tradition and inspired by the Spirituality of the Passionists we are a welcoming, diverse community with a strong focus on equality for all. We seek God through our gathering to celebrate the Eucharist and to share in liturgies which nurture our stewardship, commitment to social justice and providing spiritual nourishment and hospitality.

## IN THE EVENT OF AN EMERGENCY

Please remain calm and follow the direction of the Priest. If an evacuation is necessary:

**St Paul's** – Please assemble on the Oval and await further direction.

**St Raphael's** – Please assemble in the carpark/lawn in front of Brereton Centre being mindful of any emergency vehicles needing access to the church.

## SAFE ENVIRONMENTS FOR ALL

Did you know that the United Nations Convention has established 42 rights for children and young people and we as adults have a responsibility to protect these rights? These rights are known as articles, this is article number 17; **Children have the right to information that is important to their wellbeing.**

As adults it can be easy to forget to share information with children and young people. Sometimes we might even withhold it because we feel it isn't important, that they wouldn't understand, or that it might upset them. This is understandable but children have the right to be informed, and we have the responsibility to present information to them in a way that is understandable and meaningful to them. Whether that is information about their rights, discussions about difficult issues in the world around us, or the redeeming message of the Gospel that is universal to old and young. How do we ensure the messages of our Church are given to children equally as to adults? Let us speak to our children as God speaks to us every day. To find out more about child protection initiatives contact the Child Protection Unit on 8210 8159.

## DONATIONS

Please note; none of our parishioners will be approached personally or directly by any Passionist Priests or bank employees. If you have been contacted by someone that does not work in our office - please contact us to verify.

## HOSPITAL STAYS

If you are to be admitted to hospital, perhaps let someone in the Parish team know so that you will have an opportunity to be supported. If you choose, the Parish can also share this information with the respective Chaplain in advance so that one of the team can visit you during your stay. If a family member or friend is admitted to hospital, please contact the Parish Office if they would like to be visited. This is the only way for us to know.

## REMINDER NOTICE

### Working with Children Check Clearance for all Volunteers of St Paul of the Cross Parish Glen Osmond/Parkside.

It is a legal requirement that all volunteers 14 years and older have a valid Working with Children Check clearance (WWCC) from the Department of Human Services (DHS). Kindly note the following:

- All new applications need to contact the Parish Office to lodge their application.
- All existing volunteers that need to renew their clearance can contact the parish office to renew your application. Please note: DHS is directly emailing existing clearance holders **9 months prior** to expiry requesting a renewal of your clearance.
- All children between the ages of 14-17 years need to apply for a WWCC with signed parental consent on the forms.
- Any volunteer (new or existing) having a valid WWCC clearance associated with another organisation can share a copy of the clearance email from DHS. Please email the details to the parish office to have it associated with the Parish register.
- All altar servers, choir members, Children's Liturgy of the Word leaders, Ministers of the Word and Extraordinary Ministers of Holy Communion at Mass, welcomers, sacristans, and general church volunteers needs a valid WWCC to serve in their roles without any exceptions.
- If your clearance has expired you need to first have your clearance renewed before you continue with your ministry.

## REMINDER: SAFEGUARDING CHILDREN

Photography during Mass and in particular of minors and individuals without their consent is prohibited under the Church and Civil protocols.

A reminder that all children need to be accompanied to and from the toilet, ideally by an adult family member.

Kindly ensure that children are supervised by an adult family member in the carpark at all times. Please observe the speed limits around our churches and within the car parks.

**The Monastery Oval - The grounds and oval at The Monastery are private property, no dogs are allowed onto the grounds or oval at any time due to health and safety concerns.**

### Parish Pastoral Team

#### Parish Priest:

Fr Tom McDonough cp

#### Assistant to the Parish Priest:

Fr Cao Anh Phi cp

Fr Pastor Mumburi cp

#### Passionist Community Members:

Fr Tony Egar cp,

Fr Paul Kien cp,

Fr Pham Quang Vinh,

Bro. Mark Wells cp.

Bro. Phuc Van Nguyen

#### Pastoral Associate:

Sue Schulz

### Parish Secretary:

Carmela Pannunzio

### Admin Assistant:

Claire Hamlyn

### WHS Co-Ordinator

Donna Cooper

### Child Safe Contact Person

Sue Schulz

### Parish Pastoral Council

Mr Peter McLoughlin

### Finance Chair:

Mr Brian Lilley

### Passionist Sisters:

Sr. Shiji (Community Leader)

Sr. Jasmine, Sr. Nithya,

Sr. Mary Jasmine

### Parish Office Hours

9am – 4pm Monday to Friday

Phone: (08) 8338 1277

### Address

St. Paul's & The Monastery

15 Cross Rd. Urrbrae 5064

St. Raphael's, Young St.,

Parkside 5063

### Email

parish@themonastery.net.au

### Website and Facebook

themonastery.net.au

www.facebook.com/StPaulsRetreat/

Holy Spirit Province website:  
www.passionists.com

### St Raphael's Primary School

114 Glen Osmond Road,

Parkside

Ph: 08 8274 4900

Mrs Emma Fowler (Principal)