

Gospel Matthew 5:1-12

A reading from the holy Gospel according to Matthew

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.

Praise to you Lord Jesus Christ.



Reflection by Dianne Bergant

To follow Jesus does not mean merely that one travels with him from place to place. It means that one learns from him, that one follows his manner of life and his way of thinking. To follow Jesus means to follow his example in the way he respects himself and other people, in his use of the things of the natural world. It means that one listens to what he says, and asks for an explanation when what he says is not understood. All of this requires that the disciple be a learner, one who can learn from the life of Jesus as well as from his teaching.

The first lessons that the disciples must learn are found in the beatitudes. The same lessons are placed before us, the modern-day disciples. The setting of Jesus' teaching is so serene; a mountain apart, a teacher with his disciples gathered around him, simple statements that are coupled with glorious rewards. However, the reality of the lessons is in stark contrast with this tranquil scene. These beatitudes, these blessings call for profound inner transformation.

The gospel outlines the kind of person the disciple is to become; the psalm sketches the program to which the learner is called. The disciples of Jesus are not merely his followers; they also continue the work that he began. In whatever circumstance of life we find ourselves, as disciples of Jesus we work to sustain the good that is in the world and to transform whatever needs transformation.



ST MARTIN DE PORRES

Catholic Parish

Avondale Heights

Today's Celebration is on pages:

Old Missal: 266 New Missal: 375



4th Sunday in Ordinary Time, Year A

1 February 2026

First Reading Zephaniah 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. Thanks be to God.

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.

The word of the Lord. Thanks be to God

Gospel Acclamation Mt 5:12

Alleluia, alleluia!

Rejoice and be glad;

Your reward will be great in heaven.

Alleluia!

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St Martin de Porres Parish

158 Military Rd, Avondale Heights Vic 3034

🌐 www.melbocatholic.org/avondaleheights

Parish Priest: Fr. Paul Tru

Secretaries: Lee Tran: Wednesday - Friday
Charles Meneze: Tuesday

Office Hours: Closed Monday

10am - 3pm Tuesday - Friday

Pastoral Assoc: Sr. Cres Villas, asjm
Sr. Connie Mamo, asjm (Vol)

Phone: 9337 6016

E-mail: avondaleheights@cam.org.au

Weekend Masses

Saturday Vigil 6:00pm

Sunday 8:00am & 9:30am

Vietnamese 11:00am

Weekday Masses

Tuesday to Friday 9:15am

Benediction Wednesday after Mass

Reconciliation Wednesday 10:00am
Saturday 5:30pm

St Martin de Porres School

Principal: Stefanie Harvey
Secretaries: Mary Carmuciano
Maria Aloe

Phone: 9331 9000

E-mail:
principal@smavondaleheights.catholic.edu.au

🌐 www.smavondaleheights.catholic.edu.au

The Augustinian Sisters

Convent: 2 Venice Court,
Avondale Heights

Phone: 9337 4595

E-mail: sisaugustinian@gmail.com

Website: www.asimoz.org

Safeguarding is Everyone's Responsibility.

The Parish of St Martin de Porres and the Archdiocese of Melbourne are committed to the care, wellbeing and protection of children, young people and vulnerable people in our community. Child protection and the dignity of every person is the responsibility of everyone.

IN OUR PRAYERS

Sick:

Teresa Demaio; Nazzi Demaio; Charles.

Recently Deceased:

Salvina Falcone (Switzerland); Martin Tabone; Francesco Pachi; Anna Ho Thi Kim Hiep; Domenica Addesi; Filippa Barbante; Caterina Leone; Antonio Randello; Vito Leggio (Italy); Lindsay Towner.

Anniversaries & Remembrances:

Giovanni Costa (1st); Vincenzo Cortese (1st); Vittoria Sottile; Pierangela Giansiracusa; Angela Vella; Victor Degabriele; Nevanka Gallic Dominic Cumbo; Bernarda & Francis Grima; Teresa, Emmanuel, Tonina, Phillip Sammut; Emmanuel & Nazarena Farrugia; Adam Hood; Rita & Carmelo De Bono; Joseph Consiglia.

Parish Support Programme:

Pledge: \$2,588 Received: \$1,832

Shortfall: \$756 Loose: \$988

Presbytery: \$1,481

Contributing to the Collections

You may wish to use the QR code if you have left your cash at home. Thank you for your generosity.



Devotion to Divine Mercy

Mondays: 2.30pm Rosary
3pm Divine Mercy Chaplet

followed by Stations of the Cross, 4pm finish.



Christian Meditation 2026

Maranatha ... Come Lord Jesus

All welcome: Monday 10 - 11am
Parent's Room in the Church

Term 1: Feb 2 & 16; Mar 2, 16 & 30.

St Martin's Prep Enrolments 2027



Applications Now Open

Please apply at the School Office or phone 9331 9000.

Melbourne Archdiocese Vacancies

Applications are invited from suitably qualified and experienced people for various positions in the Archdiocese.

Further details can be found at:

<https://melbournecatholic.org/job-vacancies>



Time To Re-Establish Our Parish

Ministries / Groups

Altar Servers, Baptism Preparation Teams, Mass Laptop Operators, Sacristy Teams, etc.

Appropriate training will be arranged.

Please contact the Parish Office if you would like to discover your hidden God given talents and share them for God's greater glory.



St Vincent de Paul Society

good works

Do you need a helping hand? St Vincent de Paul Society volunteers are committed to providing people with access to the resources and support they need to overcome personal hardship. If you require assistance, please phone our Welfare Assistance Line on free call 1800 305 330 Monday to Friday (except for public holidays). This service is free and confidential.



Provides a wide range of family & relationship services, emergency relief, pastoral services, schools counselling, refugee settlement and asylum seeker support. Our services are available to all regardless of religious belief or background. Ph: 1800 123 228 or go to www.catholiccarevic.org.au



Villa Maria Catholic Homes

At - Home Aged Care Services

At VMCH, we support thousands of clients with their at-home aged care needs. We deliver personal care, domestic care, respite, companionship & wellbeing checks in strict health & safety. If you are after support or any advice, contact one of our compassionate consultants on 1300 698 624.

Prayer of Praise

Give thanks to Jesus Christ
the image of the invisible God,
the firstborn of all creation.

In him all things were created
in heaven and on earth.

The Lord is great:

Praise to you, O Jesus Christ.

Give thanks to Jesus Christ
who is before all things
and in him all things hold together.
He is the head of his body, the Church.

In him the fullness of God
is pleased to dwell.

The Lord is great:

Praise to you, O Jesus Christ.

Give thanks to Jesus Christ.
Through him God reconciles all
on earth and in heaven.

He has made peace
through the blood of his cross.

The Lord is great:

Praise to you, O Jesus Christ.

Give thanks to Jesus Christ
whose mystery was hidden
through the ages
but revealed in his coming as man;
who calls all people to himself
and proclaims a message of hope.

The Lord is great:

Praise to you, O Jesus Christ.

Amen

Source: Liturgy Help



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Foster Carers Wanted

Call 8398 6800 or go to
www.mackillop.org.au

NEW PARISHIONERS

We welcome you and ask that you make yourself known to us by completing the New Parishioners Form in Documents and Forms under Recommended Links on our website and return it to the Parish Office. Thank you.