

Please remember in your prayers

Recently deceased: Robert Myles, Beverly Stone, Maria Bea Bainca Poticar, Lucia Secula, Maximo Secula, Cardinal George Pell, Pope Emeritus Benedict XVI, Elizabeth Walsh, Michael James Cummins

Anniversary: Ruperto Florido

Sick: Mary Lucock, Patricia Macpherson, Paul Cutmore, John Thomas Mann, Kenneth Harris, Sandy Cross, Natalie Nicholas, Max Paul, Leone Brown, Ned O'Brien, Hillary Goldman, Danial Chisholm, Eileen Ford, Isabella Mauri, Michael Fenton, Peter Kinnear, Darcy Hetherington, Jan O'Brien, Connie de Dassel, Maria Moran, John McCain, Pauline Cahill, Gregory Shield, Georgio Franco, Judy Brooks, Val Browning

Baptism: Tanner, Lily-Rose & Noah Gillespie



Perpetual Eucharistic Adoration
Our Lady of Mercy Chapel

Located at the Curran Centre
(ramp access available via Parish Office)

Opening hours:

8:30am - 4pm Monday to Friday

Maronite Catholic Priest & Hermit in Lebanon

Do we ever consider taking one of the tougher hours of our Eucharistic Adoration program – that is the night (early morning) hours? Many of our Saints considered these tougher hours the most rewarding. St. Sharbel had a great devotion to the Eucharist and would spend 11 hours at night in Eucharist Adoration before saying Mass in the morning.

HELP NEEDED: Vacant hours

Tuesday 9am, 3pm,

Wednesday 8:30am, 12noon

Thursday 9am, Friday 2pm

Anyone who can help with any vacant hours on either a temporary or permanent basis, please contact Doreena 0481 764 164 or Maurice 0407 934 088

Digital Donations to our parish

For those parishioners wishing to make donations to the First or Second Collections or for other Special Purpose Donations, using your mobile phones, you can now do so using this QR Code displayed at the entrance to the Church.



THIS WEEK IN THE PARISH

Mass Times

Monday 30 January	9am	St Augustine's, Coffs Harbour
Tuesday 31 January	7:30am	St Augustine's, Coffs Harbour
Wednesday 1 February	7:30am	St Augustine's, Coffs Harbour
	9:30am	St Francis Xavier, Woolgoolga
Thursday 2 February	5:30pm	St Augustine's, Coffs Harbour
<i>Presentation of the Lord, Candlemas</i>		
Friday 3 February	9:15am	St Augustine's, Coffs Harbour
Saturday 4 February	9am	St Augustine's, Coffs Harbour
Vigil Saturday 4 February	5:30pm	St Augustine's, Coffs Harbour
<i>5th Sunday in Ordinary Time, Year A</i>		
Sunday 5 February	9am	St Augustine's, Coffs Harbour
	5:30pm	St Augustine's, Coffs Harbour
	9am	St Francis Xavier, Woolgoolga
	10:30am	St Therese's, Coramba

Confession Times

SATURDAYS, St Augustine's Church, Coffs Harbour

*after 9am Mass (9:30am – 10:30am) and
before 5:30pm Mass (4:45pm - 5:15pm)*

SUNDAYS, St Francis Xavier Church, Woolgoolga

before 9am Mass (from 8:30am)

Confessions are also available at any time

by appointment by calling the Parish Office on 6651 0000

The Presentation of the Lord "CANDLEMAS" Thursday 2 February

Mass time: 5:30pm St Augustine's Church

Parishioners can bring candles to this Mass to have them blessed for use at home throughout the year.

February 2 is the feast of the Presentation of the Lord Jesus in the Temple. It commemorates Simeon's famous prophecy that Jesus would be a "light of revelation to the Gentiles." It is also known as Candlemas since it is the day that candles are blessed for use throughout the Church year.

PARISH CALENDAR

Novena to Our Lady of Perpetual Help 2pm Wednesdays, St Augustine's Church

Rosary - after Saturday 9am Mass, St Augustine's Church

PLAYGROUP is starting back at 9am Tuesday 7 February at the Curran Centre, 12 Gordon Street.

CATHOLIC SCHOOL STAFF COMMISSIONING MASS

Our annual school staff commissioning Mass will be held at 5:30pm Sunday 19 February at St Augustine's Church

Wesley LifeForce

FREE Suicide Prevention Full Day Workshop,

Six hour suicide prevention training

Tuesday 31 January 2023 (9am – 4pm)

Coffs Coast Community College, The Vault

98 Harbour Drive Coffs Harbour, NSW 2450

LifeForce Suicide Prevention Workshops are designed to teach people how to identify the signs that someone may be at risk of suicide and appropriate action to take. Effective interventions can make a real difference and save lives. For information contact Wesley LifeForce | 1800 100 024 or Register at the Eventbrite link below:

<https://www.eventbrite.com.au/e/wesley-life-force-suicide-prevention-full-day-workshop-coffs-harbour-nsw-tickets-482670840477>

From The Carmelite Fathers



THE INTERIOR CASTLE

By St Teresa of Avila

The first stage of prayer in St. Teresa of Avila's "The Interior Castle" is what we call in Christian Spirituality, "The Purgative Way", and is the stage where the soul begins to turn away from the distractions and attachments of the world and focusses on its relationship with God. It is a time of spiritual purification and growth in self-knowledge.

In this stage, the soul is still deeply attached to the things of this world and is easily distracted from its true purpose, which is to seek union with God. The soul is still heavily influenced by its own desires and fears, and thus experiences spiritual dryness and aridity. However, with a determined determination, the help and the guidance of a spiritual director and the grace from God the soul begins to detach itself from the things of this world and seek the things of God.

In this purgative way, the spiritual life is characterized by humility, self-knowledge, and self-surrender. The soul must learn to acknowledge its own sinfulness and dependence on God's mercy. It must also learn to be open itself to the guidance of the Holy Spirit and to trust in God's infinite love and goodness.

One important aspect of the purgative way is the practice of mental prayer, which is the act of conversing with God in the silence of the heart. This type of prayer is not just about reciting words, but rather it is about developing an intimate relationship with God. The soul must learn to listen to God's voice, to speak to God with sincerity, and to rest in His presence. It begins with using mental faculties of intellect, memory and will to reflect on scripture, and to use of imagination to place attention on Jesus. Later the soul, with the prayer of recollection, begins to be present to God's presence within itself.

Overall, the first stage of prayer in "The Interior Castle" is a time of spiritual purification and self-discovery. It is a time for the soul to understand its dignity (created in the image and likeness of God), and to detach itself from the distractions and attachments to the world and to focus on its relationship with God. It is a time for the soul to learn humility, self-knowledge, and self-surrender, and to develop a deep and intimate relationship with God through mental prayer.

Covid Awareness: Communion can be distributed on the tongue. If you are receiving communion on the tongue please come forward at the end of the communion lines.

St Augustine's Roster

	Feb-04	Feb-05	Feb-05
	Sat 5.30pm Vigil	Sun 9am	Sun 5.30pm
Co-ordinator	G. McCann & D. Barrett	G. Luchetti & M. Lill	B. Van Ryswyk
Commentator	B. Bowers	M. Woods	M. Walsh
Reader1	E. Holmes	T. Davis	S. Brannan
Reader 2	P. Davies	J. Joseph	M. Carniato
Extraordinary Minister	O. Higgins	N. Loader & A. Maung	E. Garvey
Screen Operator	P. Hartmann	M. Rugg	G. Sroyphet
Gifts	Vacant	P. Gatenby	Vacant
Altar Servers		Regina, Kate, Jessie	
Morning Tea		E Holmes family group	



St Vincent de Paul Society
NSW
good works

St Augustine's Conference

...behind the Vinnies Shop, 6 Scarba St, Coffs Harbour

We need volunteers for our Conference

Do you have a few hours each week to help others in our community? All you need is

- *some compassion in your heart and*
- *you can work as part of a team.*

You can assist by

- **interviewing people at our Support Centre**
- **doing reception and data entry duties.**

If you want to find out more, please leave your contact details at the Catholic Parish Office in Gordon St and we will contact you,

OR

email the Conference at:

coffsharbour.conference@vinnies.org.au

BIBLE READINGS & MASS RESPONSES

ENTRANCE ANTIPHON

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.

READING 1

Zephaniah 2:3,3:12-13

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.

RESPONSORIAL PSALM

**RESPONSE: Happy the poor in spirit:
the kingdom of heaven is theirs**

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

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

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

READING 2

1 Corinthians 1:26-31

Take yourselves for instance, 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.*

GOSPEL ACCLAMATION

Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children. Alleluia!

GOSPEL

Matthew 5:1-12a

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.'

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.'

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.

READINGS THIS WEEK

Mon 30 Jan: Heb11:32-40, Ps30:20-24, Mk5:1-20

Tues 31 Jan: Heb12:1-4, Ps21:26-28,30-32, Mk5:21-43

Wed 1 Feb: Heb12:4-7,11-15, Ps102:1-2,13-14,17-18, Mk6:1-6

Thurs 2 Feb: Mal3:1-4, Ps23:7-10, Lk2:22-40

Fri 3 Feb: Heb13:1-8, Ps26:1,3,5,8-9, Mk6:14-29

Sat 4 Feb: Heb13:15-17,20-21, Ps22, Mk6:30-34

Sun 5 Feb: Is58:7-10, Ps111:4-9, 1Cor2:1-5, Mt5:13-16

FROM LISMORE DIOCESE

Safeguarding Office

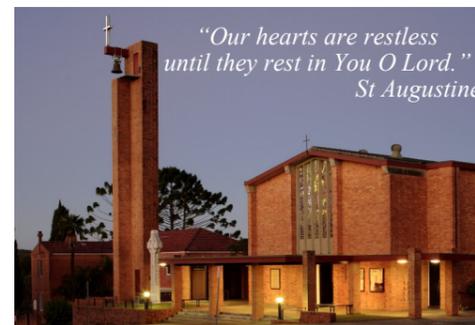
If you or a person close to you has been abused by someone working or ministering within the Diocese of Lismore, we ask you to contact us. We will listen to you respectfully, offer support and discuss options you have available to you. Contact Safeguarding Office on 66219444 or safeguarding@lismore.catholic.org.au

Diocesan Investment Fund

This Bulletin is sponsored by the **Diocesan Investment Fund**. Agents: Parish Office & Good Price Pharmacy Warehouse, Bailey Centre. Effective 1 January 2023, the interest rate on investments will be 2.60%. For information call 1800 802 516 or www.dif.org.au



St Augustine's Catholic Parish



Parish Church:

St Augustine's, Gordon St, Coffs Harbour

Station Churches:

St Francis Xavier, Scarborough St, Woolgoolga

St Therese, Gale St, Coramba

Administrator: Fr Joe DSouza OCD

Assistant Priest: Fr Joy D'Souza OCD

Assistant Priest: Fr Peter Rebello OCD

Parish Office

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Youth & Young Adults Leader: Amber Scanes

ascanes@coffscatholic.com

Website: www.coffscatholic.com

Catholic Schools Office

School fee enquiries: Phone: 6653 1655

 St John Paul College
Hogbin Drive, Coffs Harbour
Ph: 02 6653 3155
www.cofhslism.catholic.edu.au

 St Augustine's Primary School
Gordon Street, Coffs Harbour
Ph: 02 6652 1204
www.cofhplism.catholic.edu.au

 St Francis Xavier Primary School
Queen Street, Woolgoolga
Ph: 02 6654 1981
www.woolplism.catholic.edu.au

A warm *welcome* to visitors and parishioners (who are new or returning) to our church. If you would like to receive our Church bulletin via email on Friday afternoons please email: parish@coffscatholic.com

29 January 2023

4th Sunday in Ordinary Time Year A

Welcome

The What and How of True Happiness

When we look around what we notice is everyone is on move, from early morning until late night. This movement is a tireless juggernaut to earn and make big money so that one has a very happy life. Which means the final aim of life is to be happy. No doubt at all, it is very true. At the same time, in our Christian life, we have spiritual exercises to gain happiness in the world to come, in heaven. Today's readings teach us the what and how of gaining happiness.

In the Gospel, we have the central teaching of Jesus – the Beatitudes. The Beatitudes are the what and how to be happy or blessed. They are unrelated to earthly possessions or values; and are much more related to the possession of the Kingdom of God. The incomparable value of the kingdom is such that it needs no earthly goods. In fact, it is the reversal of all human standards and values.

Jesus declares the poor, the hungry and thirsty, meek and the pure, and those facing hatred and persecution as blessed and promises them the blessings of the Kingdom. In other words being poor in spirit, meek, hungry and thirsty, merciful, and pure in heart are the qualities or virtues that are required for every Christian, or follower of Jesus which makes them blessed or happy. The Beatitudes presuppose trust, confidence and dependence on God. Come what may, God is their stronghold. He alone can give them or provide them everything, no one else. Hence they expect great blessings stored for them.

In the first reading, Prophet Zephaniah tells the Israelites that God lives amidst humble and lovely people. And if they can be humble enough and live a righteous life, they will be able to find God; consequently, they will be a happy people. If not their lives will be doomed. How can a proud heart or life find God? Though in slavery, the Israelites are reminded to be faithful to God and to follow his ways. They are reminded not to lie and do anything wrong. Saint Paul in the second reading God chooses the weak according to worldly standards and makes them strong; foolish and makes them wise. Our call is to follow Jesus who offers what looks like a contradiction according to worldly values. God is the source of all happiness. To possess happiness we need to possess God who is the source of that happiness.

If we taste sweet things every day we do not know what is bitter. But when we understand the value of bitterness, we are ready for both. In the same way, happiness cannot be experienced unless we come across the opposite. So the beatitudes teach us that, what seems negative according to worldly standards, are blessedness and happiness: being poor in spirit, meek, hungry and thirsty, merciful and pure in heart. This cannot be explained unless one looks to Jesus as the resource person, and who has a total dependency on God alone.

Happiness does not come all by itself unless one seeks or works for it. Its path is not all through roses but also through thorns. To gain happiness is the ultimate goal of our lives. This is what Jesus explains in the beatitudes. The wisdom and understanding of the beatitudes go beyond human understanding and far beyond the world's comprehension. Therefore so many saints had recourse to God's understanding of these beatitudes and lived in contrast to the world's values.

Mahatma Gandhi, the Father of the Indian nation read regularly the beatitudes and drew great inspiration for his non-violence teaching from them. So if we follow the worldly standards we will be stranded here on earth, but if we go beyond them, the true happiness which Jesus offers through the beatitudes will be ours. Saint Therese of Child Jesus accepted all the hardships with a smile, even her sickness. She says in one of her poems: Some souls on earth search in vain for happiness, but for me, it's just the opposite...my joy is to love suffering. I smile while shedding tears. I accept it with gratitude the thorns mingled with flowers.

Source: *Springs of Living Water Carmelite Reflections*