

Reflection

In today's gospel passage we see the importance that the gospel of Matthew gives to portraying Jesus as the fulfilment of scripture. Throughout this gospel, the author is at pains to demonstrate that Jesus fulfils prophecy. The purpose in doing this was not only to tie Jesus into the prophecies of the Messiah but to demonstrate that Jesus was part of God's plan all along. This gospel was written at a time when there were growing tensions between early Christian communities and mainstream Jews. By highlighting the fulfilment of scripture, the author attempts to firstly reassure the Christian community in the face of aggression and resentment from the mainstream Jews and secondly, challenge those who oppose the Christian sect to see this movement as just another thread in the ancient story of their people.

Having established the credentials of Jesus, the gospel writer then provides a summary of the teaching that will be played out in the gospel, 'Repent, for the kingdom of heaven is close at hand.' Repent had a far more powerful meaning than what we tend to ascribe to it today. Much more than simply being sorry, repent carried with it a sense of turning one's life around; making amends for past failures; and choosing a whole new direction for one's life. Literally, it meant a 'change of mind'. To demonstrate the urgency and strength of this teaching, Jesus calls his first four disciples who immediately drop what they are doing and set out on a new life with him. These disciples are the first of many to 'repent' and turn their lives around.

Gospel Reflection by Greg Sunter

Our Lady of the Sacred Heart Parish West Belconnen

is committed to the care, wellbeing and protection of children, young people and people at risk in our community

Parish Administration

Parish Priest	Assistant Priest	Parish Officers	St John the Apostle Primary School
Fr. Tru Nguyen msc		Sharon Greaves	Florey ACT- 62583592
TruDuc.Nguyen@cg.org.au		Kirsty Vera	Principal - Jo Reed

Belconnenwest@cg.org.au www.sjaps.act.edu.au

Parish Office	Office Hours	Website	St Thomas Aquinas Primary School
25 Blackham Street	9:00am - 3:00pm	olsh.org.au	Charnwood ACT - 6258 4077
HOLT ACT	Monday		Principal - Matthew Garton

Wednesday - Friday

www.staquinas.act.edu.au

Safeguarding Officers

Jenny McGee
Carl Madsen
Marg Hourigan

Pastoral Council Chair

James Nield

OLSH PARISH MINISTRY DAY

All volunteers in parish ministries are invited to the
OLSH Parish formation day
Sunday 1 February
St John the Apostle Parish Centre
2:00pm – 5:30pm
Facilitated by Fr. Chris McPhee msc

OUR LADY OF THE SACRED HEART PARISH - Key Register

As part of our administrative requirements for the new parish, we require an updated Key Register for both Mass Centres. Any parishioner who has a key to access either Church, parish centre or parish office are required to contact the parish office for updated registration.

PLANNED GIVING UPDATE

OUR LADY OF THE SACRED HEART PARISH

All parishioners on Planned Giving using Direct Debit and Credit Card will need to complete new forms. These forms have been emailed out to all parishioners and also available in both Church foyers. Please return all forms to the parish office, do not email. Forms can also be left in the locked letter box outside the parish office doors.

Parishioners using Electronic Funds Transfer will need to contact the parish office to get the new bank details.

We also encourage parishioners who are not currently on Planned Giving to sign up.

OLSH Choir

In preparation for the Easter ceremonies, we are looking for choir members who would be available to sing. Please contact the parish office at: belconnenwest@cg.org.au

PUBLIC HOLIDAY NOTICE

The parish office will be closed on Monday 26 January for Australia Day

Lenten Retreat:

Meeting Christ in Our Deepest Need

You are invited to a 3-session Lenten retreat, *Meeting Christ in Our Deepest Need: A Lenten Journey*, facilitated by Greg Sunter. Greg is an experienced facilitator with a strong background in small-group ministry. Holding Master's degrees in Theology and Education, he helps people engage deeply with Scripture, grow in prayer, and connect faith with daily life. He is well known for his parish newsletter gospel reflections, which explain Scripture in its historical and cultural context and relate it to contemporary lived experience. More about Greg:

<https://www.wholehearted.com.au/about/>

Greg will reflect on this year's Lenten Gospels and there are time for personal reflection and optional sharing. Everyone is welcome no prior study needed and no pressure to speak.

Time:

- Friday 27th February 6.30 pm - 7.30 pm;
- Saturday 28th February 10 am -11 am;
- Sunday 1st March 4.30 pm - 5.30 pm

Place: 25 Blackham St, HOLT ACT 2615

Cost: \$20 for all 3 sessions

Register: belconnenwest@cg.org.au

PARISH SCHOOL OF RELIGION

Enrolling: 1st and 8th February

Before and after the 10:00am in the foyer also available in the parish centre.

Classes will commence on Sunday 15 February at 9:15am

Women's Breakfast

Tuesday 27 January – 7:30am

Bean Origin Café

Nettlefold Street Belconnen



SJA Friendship Group

Morning Tea

next meeting on **Wednesday 28 January**

10:15am - parish centre.

OUR LADY OF THE SACRED HEART PARISH

Archbishop Prowse along with MSC Provincial Fr. Stephen Hackett, will be celebrating Masses to bless our new parish.

14 February 2026

5:00pm St John the Apostle, Kippax

15 February 2026

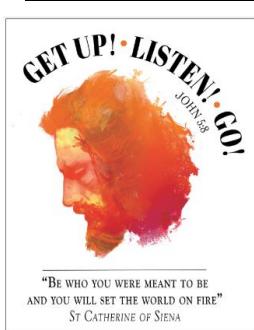
9:00am St Thomas Aquinas, Charnwood

Mass Intentions the week of
26 January – 1 February

Mon 26/01	
Wed 28/01	
Thur 29/01	Fr Neville Drinkwater Steve & Beryl Wilkinson
Fri 30/01	

Sat 31/01	
5:00pm	
6:00pm	

Sun 01/02	
8:30am	
9:00am	
10:00am	
6:00pm	



In 2026, the Archbishop has named “**GET UP!...LISTEN!...GO!**” to be the pastoral intent for the Archdiocese, helping us focus on the Encounter, Discipleship, Mission meaning of Evangelisation

in our Catholic Tradition.

- **GET UP!** — to rise with renewed faith, leaving behind discouragement and spiritual weariness.
- **LISTEN!** — to listen again to the voice of Christ, the promptings of the Holy Spirit, and the needs of our communities.
- **GO!** — to step out in mission, ready to serve, invite, witness, and respond.

Our Lady of the Sacred Heart Parish

2026 SACRAMENTAL PROGRAM

Registration is now open
via the QKR APP:

Discover: St John the Apostle Catholic Parish
Sacramental Programs

Contact the parish office if you have any
questions: belconnenwest@cg.org.au

Penance Formation Session for parents
17 February 2026

RESPONSE TO THE PSALM:

The Lord is my light and my salvation.

GOSPEL ACCLAMATION:

Alleluia, alleluia!

Jesus preached the Good News of the kingdom and healed all who were sick.
Alleluia!

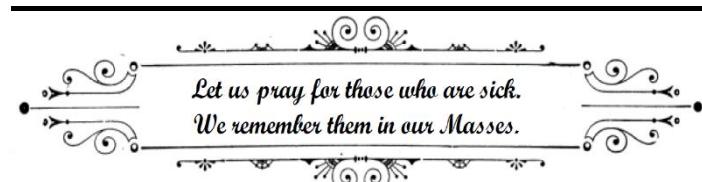
Readings 1 February 2026

First Reading Zep 2:3, 3:12-13

Psalm Ps 145:7-10

Second Reading 1 Cor 1:26-31

Gospel Matthew 5:1-12



Recently Deceased:

Anniversary:

Brendan Gibson, Chris Thamer, James Howe, Bernadette Davis, Emanuel Grech, Celia Wood, Nicholas McInerney, Colleen Haigh, Joan Casey, James Fitzgibbon, Kyall Green, Maxwell Lewis, Geoffrey Fisher, Teresa Bond, Michael Sweeney, Jane Packard, John Auguszczak, Armando Arugay, Paul Pistor, Scott Blacker, Terry O'Brien, Frank Ripszam, Michael Ryan, Desmond Jones, Janelle Sykes, Marie Murphy, Margaret Hill, Declan Morris, Riley Carberry, Alice Tonna, Rupert Waterford, Jehanne Thelland, Alexander Powell, Fr. Neville Drinkwater, Joy Danaher, Cesare DeFranceschi, Robert Thomas, Nola Newton, Nicholas Roots, Doreen Kennedy, Salvatore Nasca, John Stefek

St John the Apostle Kippax

MASS TIMES

Vigil Saturday	5:00pm
Sunday	8:30am, 10:00am, 6:00pm
Monday and Friday	9:30am
Liturgy of the Word with Communion:	
	Tues 9:30am

Praying the Rosary before Mass

Weekdays in both parishes at 9:05am

SACRAMENTAL LIFE

Baptisms	1st & 2nd Sun during Mass
Reconciliation	Sat 4:00pm – 4:30pm
Sacramental Program	Contact Parish Office
School of Religion (Parish Centre)	Sunday 9:15am during school term

PRAYER LIFE

Meditation	Friday 5:15-6.30 pm
Gethsemane Eucharistic Adoration	Thursday before First Friday Mass 7:30pm – 8:30pm
Sacred Heart Devotion	First Friday of the Month Mass 9:30am

ROSTERS

1 Feb Acolyte Roster

5:00pm	John Hogan, Rod Gardiner
8:30am	Lourdes Asoy, Victoria Gonzales
10:00am	Maxime Kpudzeka, Vy Pham
6:00pm	Maryanne Ferguson, Peter le

1 Feb Lector Roster

5:00pm	Fay Padarin, Kirsty Vera
8:30am	Carmel Screen, Darren Maharaj
10:00am	Gabe Sequeira, Frank Colley
6:00pm	Joe Ots, Margaret Luck

1 Feb Ministers of Communion

5:00pm	Chitra Jayawardena, Judy Netting
8:30am	Angela Boreham
10:00am	Anthony Noakes, Shovin Weerawarnakula
6:00pm	Maureen Burgess, Peter Igoe-Taylor

1 Feb Hospitality Roster

5:00pm	Kay Dwyer, Chitra Jayawardena
8:30am	Carmel Screen, Rob Breen
10:00am	Libby Kain, Margaret Sheehan
6:00pm	John and Jenny McGee

1 Feb SJAShop

5:00pm	Lynn O'Brien
8:30am	
10:00am	
6:00pm	Jenny McGee

St Thomas Aquinas Charnwood

MASS TIMES

Vigil Saturday	6:00pm
Sunday	9:00am
Wednesday and Thursday	9:30am
Liturgy of the Word with Communion:	
	Tues 9:30am

Praying the Rosary before Mass

Weekdays in both parishes at 9:05am

SACRAMENTAL LIFE

Baptisms	2nd Sun during Mass
Reconciliation	Sat 5:00pm – 5:30pm
Sacramental Program	Contact Parish Office

PRAYER LIFE

Eucharistic Adoration	Thursday Weekly 5:30pm – 6:30pm
Men's Scripture Discussion	Wednesday after 9:30am Mass
Open Scripture Discussion	Thursday after 9:30am Mass
Latte with Our Lady. Rosary outside the Charcoal Chicken	First Saturday of the month 10:15am

ROSTERS

1 Feb Acolyte Roster

6:00pm	Michael Carberry
9:00am	Peter Osborne

1 Feb Lector Roster

6:00pm	Fran Handoko, Richard Cruise
9:00am	Leo Walsh, John Connellan

1 Feb Ministers of Communion

6:00pm	Brian Daly, Irene Daly
9:00am	Terry Johnson, Trish Blacker

1 Feb Music Ministry / Slides

6:00pm	Recorded, Janette O'Sullivan
9:00am	Recorded, Josh Osborne-Goldsbrough

Children's Liturgy

9:00am	

8 Feb Morning Tea after Mass

9:00am	Kaye Radovanovic, Trish Blacker, Gerri Bleeser

May the Sacred Heart of Jesus be
everywhere loved.....forever!