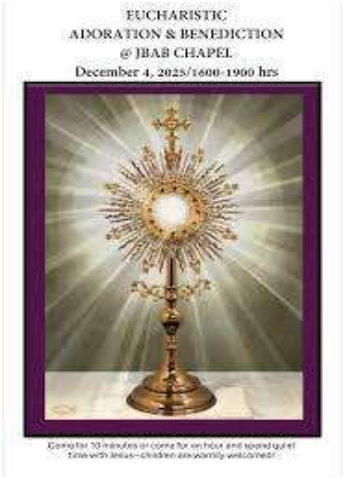


Sacred Heart Parish

1st February 2026 – 4th Sunday in Ordinary Time

FR BRIAN'S PRAYER & REFLECTION



Eucharistic adoration is the practice of praying before Jesus in the form of the Eucharistic host. The host may be exposed in a special vessel known as a monstrance, or reserved in a tabernacle. (The tabernacle is the place where the Eucharistic hosts are kept after the celebration of Mass; it is indicated by a light or candle.)

People pray in all sorts of ways during Eucharistic adoration. Meditative Prayer, Contemplative Prayer, and silent conversation with Jesus are common practices, as is saying the rosary (see Pray the Rosary). Some people sing hymns of praise (if they are alone), while others write in a prayer journal or bring sacred reading. But Eucharistic adoration can also be as simple as sunbathing . . . just sitting and soaking up God's love in the presence of Jesus. Adoration is also open to anyone who wants to come and spend time in the presence of the Blessed Sacrament. My best experience of adoration with teenagers was in at Makahu and Strathmore. It was a teens youth group retreat. We stayed in the Makahu hall, and on the second night they all wondered down the road to Strathmore church. They were like a wild herd of goats, and I was very doubtful this was a good idea. 15 Minutes later we were walking back to Makahu and they were tamed; domesticated they walked back in silence they experience something amazing. It's one of the treasures of my priesthood.

So how about trying adoration, a close encounter with Jesus as one old person said once when ask what he said each day, his reply was I look at him, and he looks at me. Start in snack size periods, may be 15 minutes, a bible a pray book, but don't just read pages after pages stop let Jesus speak to you, please do not recite the complete rosary stop think of the decade praying and then continue and let Jesus speak to you. There is no rating on visiting the Blessed sacrament children are very adaptive they are always very welcome, Jesus did say let the littler children come to me. God bless, Fr Brian Carmine

Sermon on the Mount



Today's reading is the beginning of Jesus' Sermon on the Mount, which is found in Matthew's Gospel. The form of the Beatitudes found here is not unique to Jesus. Beatitudes are found in the Old Testament in the psalms, and in wisdom literature, for example. They are a way to teach about who will find favour with God.

What is in common with all the beatitudes in Matthew's gospel, is that every group called blessed is vulnerable in Jesus' society. He turns on its head the Jewish notion of what it means to be blessed. Those rejected by society because of illness, race, class, neighbourhood, are not rejected by Jesus he Jesus welcomes everybody.

The Beatitudes can be understood as a framework for Christian living. Our vocation as Christians is not to be first in this world, but rather to be first in the eyes of God. By referring to the good things that the faithful will experience, Matthew reminds us that those who act in the manner described in the Beatitudes will find their reward with God. God bless Fr Brian

NPDC – THREE WATERS CONSTRUCTION PROGRAMME 2026

From Monday 2nd February, Whitaker Civil Engineering will be starting to install a new section of sewer trunk main. This is to go all the way along Carrington Street. They are starting down by TET Stadium (Elliott Street).

To keep everyone safe, the work area will be fenced off and won't be accessible to the public.

This project is expected to take until mid-July.

This work may cause some inconvenience for some as you come to Church and when leaving, and they would appreciate your patience and understanding while these important improvements are carried out.

THE VISION *of* SACRED HEART PARISH, INGLEWOOD IS:

Parish communities empowered by the Holy Spirit to grow in faith, hope and love.

Ngā Hāpori Pariha i whakamanahia e te wairua tapu ki te tupu i roto i te whakapono, te tūmanako me te aroha.

PLEASE PRAY FOR OUR DECEASED

RELATIVES AND FRIENDS: Jean Linklater, Lloyd Russell, Vincent Francesco, Gwen Southcombe, Quinton Smith, Mary Eichstaedt, Barry Dravitzki, Julie Dravitzki, Mary Zimmerman, Dick Wisnewski, Joseph O'Neill

We remember in our prayers: All those who are unwell in our Parish, those who are caring for sick loved ones and those who are still living in their own homes, the lonely, the elderly, those suffering Bereavements and all Parishioners in Rest Homes and Hospitals.

UPCOMING WEDDING



Thomas Smith
&
India McJarrow-Keller



Would like to invite all our parishioners to their wedding on Saturday 14th February at 1pm. This will be held here at Sacred Heart Parish.

They are opening the mass up to the church community for anyone who would like to come.

If you are coming, can you please arrive 15-20 minutes early to ensure everyone finds their seats in time.

PLANNED GIVING: If anyone is interested in going on planned giving or would like more information on planned giving, then please give Nicky a call in the parish office – 756 7164 or email her on shparish@xtra.co.nz

FACEBOOK PAGE: We are on Facebook - Sacred Heart Parish, Inglewood. Follow our page and keep up to date on what's happening in our parish.

NOTICE BOARD & FOYER TABLE: Don't forget to look at the notice board and foyer table. The notices and posters are changing all the time

NEWSLETTERS: If you would like to receive our newsletters via email, please email me on shparish@xtra.co.nz, so I can add you to our mailing list.

DONATIONS COLLECTION

Sunday 25th January

Parish	$357.48
Clergy Trust Fund	$132.22

FROM THE DIOCESE OF PALMERSTON NORTH

NZ Catholic Medical Association
Retreat & Seminar

The New Zealand Catholic Medical Association provides community, support and chaplaincy for those involved in health care in Aotearoa. The association welcomes doctors, nurses, midwives, carers, pharmacists, physiotherapists, psychologists, dentists, health administrators, counsellors, social workers, chaplains, lawyers, and anyone in allied roles. The next nationwide event is a retreat and seminar at the St Francis Friary & Retreat Centre, Auckland on March 20 and 21. For more information or to register, visit https://bit.ly/NZCMA2026 or email newzealandcatholicmedical@gmail.com

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NZ Catholic Pilgrimage | May 2026, Lourdes to Lisieux Pilgrimage, 8–27 May 2026

Discover the sacred beauty of France on an inspiring 18-day pilgrimage. Visit Lourdes, Lisieux, Paray-le-Monial, Chartres, Normandy and Paris, and walk in the footsteps of beloved saints including St Thérèse of Lisieux, St Bernadette, St John Vianney, and St Vincent de Paul. This journey offers daily Mass, expert guides, and the chance to deepen your faith in some of the most grace-filled places in the Catholic world.

For details and bookings: NZ Free-Call: 0800 819 156, harvestjourneys.com/pv2659

An unforgettable experience of faith, friendship, and spiritual renewal.

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Rite of Election and Enrolment of Names
Save the Date

Bishop John invites all members of the Diocese of Palmerston North to this important event. Sunday, 22 Feb 2026, 12:30pm at the Cathedral of the Holy Spirit.

PARISH CONTACTS

23 Standish Street, PO Box 109, Inglewood Phone: 756 7164 or 027 672 2514
Email: shparish@xtra.co.nz

Parish Priest: Fr. Brian Carmine – 756 7164 or 027 516 3758
Secretary / Administrator / Parish Planned Giving: Nicky Kuklinski – 756 7164
Parish Office Hours: Monday - Thursday 9am – 12noon, Friday 12noon – 3pm
Donations: If you would like to make a donation to our Church, you can use the following details:
Bank: Sacred Heart Parish Account Inglewood Bank: BNZ, Palmerston North
Account Number: 02-0630-0288002-011 Reference: Your name
(If you would like a receipt, can you please email the Parish Office)

PARISH CONTACT PEOPLE

Parish Prayer Support (Prayer Line): Theresa Gibbon – 756 8349
Parish Hall Hire & Religious Stall: Parish Office – 756 7164
Gluten Free Hosts: Nicky Kuklinski – 027 672 2514
Floral Arrangement Roster: Tess Johnston – 756 8452
St Patrick's School Principal: April Baylis – 756 7908, email: office@stpatsinglewood.school.nz
Foodbank: Open at Forrestal House on Fridays – 9.30am – 10.30am.



INGLEWOOD

SUNDAY MASS TIMETABLE

Sunday 10.30am

CHILDREN'S LITURGY

Sunday 10.30am

WEEK DAY MASS TIMETABLE

Tuesday 9.00am
Thursday 10.00am
Saturday 9.00am *Every 1st, 3rd & 5th Saturday*

BENEDICTION & RECONCILIATION

Saturday 8.30am *Every 1st, 3rd & 5th Saturday*

WAITARA

SUNDAY MASS TIMETABLE

Sunday 9.00am *Every Sunday*

CHILDREN'S LITURGY

Sunday 9.00am *Every Week*

WEEK DAY MASS TIMETABLE

Exposition of the Blessed Sacrament takes place for 30 minutes as shown below (before or after)

Tuesday	9.00am	Liturgy of the Word	*(after)*
Wednesday	5.30pm	Mass	*(before)*
Thursday	9.00am	Liturgy of the Word	*(after)*
Friday	9.00am	Mass	*(after)*
Saturday	9.00am	Every 2nd & 4th Saturday	*(before)*
Saturday	9.00am	Liturgy of the Word	*(after)*

All other Saturday's

RECONCILIATION

Saturday 8.30am *Every 2nd & 4th Saturday*

MOKAU

Saturday 5.00pm 7th February

NGA PEKANGA

Sunday 10.30am 8th February

BAPTISMS (INGLEWOOD): 1st Sunday of every month (except January). For more information contact Fr. Brian or the Parish Office

BAPTISMS (WAITARA): 2nd Saturday of every month (except January). For more information contact Fr. Brian or the Parish Office

SCRIPTURE READINGS

1st February – Psalm Response: Blessed are the poor in spirit; the kingdom of heaven is theirs!
Zephaniah: 2.3, 3.12-13 **Corinthians:** 1.26-31 **Matthew:** 5.1-12
8th February – Psalm Response: A light rises in the darkness for the upright.
Isaiah: 58.6-10 **Corinthians:** 2.1-5 **Matthew:** 5.13-16

SUNDAY MINISTRIES		
	This Week Sun 1st February	**Next Week Sun 8th February**
Readers	Joy Woodward Vonna Parsons	Christiane McIntyre Sue Duoba
Prayers of Faithful	Casey Chamberlain	Fiona Bishop
Presentation of Gifts	Joe & Roma Potroz	Lyn Potroz Cecelia Stachurski
Communion Ministers	Olly D'Ath Chris Werder Alan Spurdle	Joy Woodward Dennis Dravitzki Vonna Parsons
Altar Servers	Sophia Emily	Chloe Josh
Music	Music – Sue Marsh	Music Group
Power Points	Tanius	Nicky
Counters	Pat Kuklinski Betty Dravitzki	Stan Duoba Sue Duoba
Cup of Tea	Ian & Camille Monforte	Maureen Young
Church Cleaning	Christine Tofts & Amelia Peters 30 / 31 January	Leo & Liz Bennett 6 / 7 January

Mass Readings for the Fourth Sunday in Ordinary Time, Year A

First Reading – Zephaniah 2:3; 3:12-13: The humble who follow God's commands are urged to seek justice and humility for refuge from His wrath. Among them, a peaceful, truthful remnant of Israel will be preserved.

Responsorial Psalm – Psalm 146: The Lord is eternally faithful, upholding justice, feeding the hungry, freeing prisoners, healing, supporting the humble, and ensuring His righteous reign forever.

Second Reading – 1 Corinthians 1:26-31: God chose the unwise, weak, and lowly to confound the mighty, ensuring no one boasts before Him. In Christ, we gain wisdom, righteousness, holiness, and redemption, boasting only in the Lord.

Gospel – Matthew 5:1-12A: On a mountain, Jesus taught his disciples, outlining the Beatitudes. He declared blessings on the spiritually humble, mourners, the gentle, those yearning for righteousness, the merciful, the pure in heart, peacemakers, and those persecuted for righteousness. He encouraged joy amidst persecution for his sake, promising heavenly reward.

ROSARY AT FORRESTAL LODGE

Every Tuesday at 7pm. Entry is through the sliding door. Everyone is welcome.

PRAYER GROUP with ADORATION

Every Thursday from 9 am-10am.

CANDLEMAS

Monday 2nd February. A labelled box is on the foyer for people who would like to make a donation of National candles (in a yellow box).

THE PRESENTATION OF THE LORD

Monday 2nd February

CATHOLIC WOMEN'S LEAGUE MEETING

Welcome to our monthly meeting, to be held in the Burckett Hall following the 10:00am Mass on Thursday 5th February. It's our turn to host the World Day of Prayer on the first Friday in March. Hostess : Christiane McIntyre.

FORRESTAL LODGE WORKING BEE

Friday 5th February 9am – 12 noon

PARISH COUNCIL MEETING

Tuesday 10th February at 10.00am

ALPHA

Starts 11th February in Waitara

FORRESTAL LODGE AGM

Sunday 15th February at 11.30am

ASH WEDNESDAY

Wednesday 18th February
Mass at 9.15am - Waitara
Mass at 10.15am - Inglewood
Mass at 5.30pm – Waitara

WORKS & FINANCE MEETING

Sunday 22nd February at 11.30am

FR BRIAN IS ON HOLIDAY

Fr. Brian will be away from the 25th February To 8th March

HOLY WEEK

This starts on Sunday 29th March with Palm Sunday.
Chrism Mass in Palmerston North will be in that week.

Thank you for visiting our church here in Inglewood. You and your family are always welcome at regular Liturgies/Mass or for just a private time before the Lord.

CHURCH OPENING HOURS: The Church is open daily from 8am – 4pm, except for Sunday's which the Church will be closed after Mass. If you would like to get into Church outside of these hours, can you please give Nicky a call on 027 672 2514. Eva doesn't have a key anymore, so is unable to unlock for you.

READINGS FOR NEXT WEEK - Fifth Sunday of Ordinary Time

Reading 1: Isaiah 58:7-10

Thus says the LORD: Share your bread with the hungry, shelter the oppressed and the homeless; clothe the naked when you see them, and do not turn your back on your own. Then your light shall break forth like the dawn, and your wound shall quickly be healed; your vindication shall go before you, and the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer, you shall cry for help, and he will say: Here I am! If you remove from your midst oppression, false accusation and malicious speech; if you bestow your bread on the hungry and satisfy the afflicted; then light shall rise for you in the darkness, and the gloom shall become for you like midday.

Responsorial Psalm: 112:4-5, 6-7, 8-9

Light shines through the darkness for the upright; he is gracious and merciful and just.
Well for the man who is gracious and lends, who conducts his affairs with justice.
R. The just man is a light in darkness to the upright.

He shall never be moved; the just one shall be in everlasting remembrance.
An evil report he shall not fear; his heart is firm, trusting in the LORD.
R. The just man is a light in darkness to the upright.

His heart is steadfast; he shall not fear. Lavishly he gives to the poor; His justice shall endure forever; his horn shall be exalted in glory.
R. The just man is a light in darkness to the upright.

Reading 2: Corinthians 2:1-5

When I came to you, brothers and sisters, proclaiming the mystery of God, I did not come with sublimity of words or of wisdom.
For I resolved to know nothing while I was with you except Jesus Christ, and him crucified.
I came to you in weakness and fear and much trembling, and my message and my proclamation were not with persuasive words of wisdom, but with a demonstration of Spirit and power, so that your faith might rest not on human wisdom but on the power of God.

Gospel: Matthew 5:13-16

Jesus said to his disciples: "You are the salt of the earth.
But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot.
You are the light of the world.
A city set on a mountain cannot be hidden.
Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house.
Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father."

St Joseph's Parish Waitara

ALPHA 2026

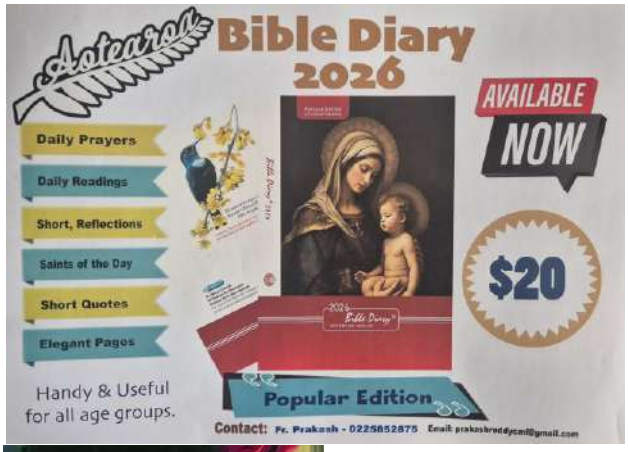
Alpha

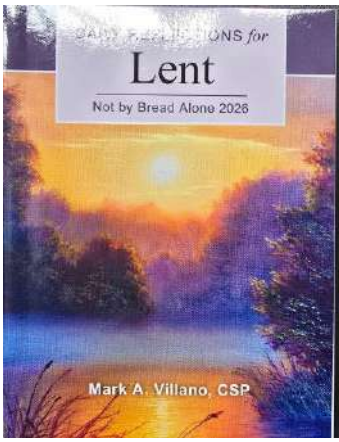
Come and be part of Alpha, a free and relaxed programme for anyone curious about life, faith, or Jesus. Each session starts with a shared meal, followed by a short video, and finishes with small group conversations where you can ask questions and talk openly.

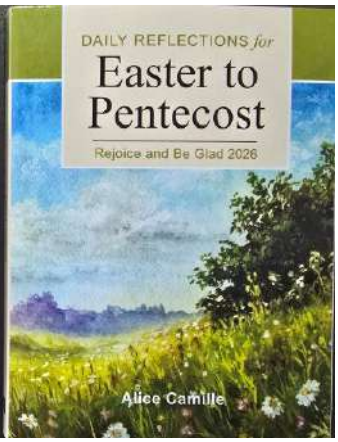
Join us in February for good food, good conversations, and space to think about what really matters and if you are nervous bring a friend.

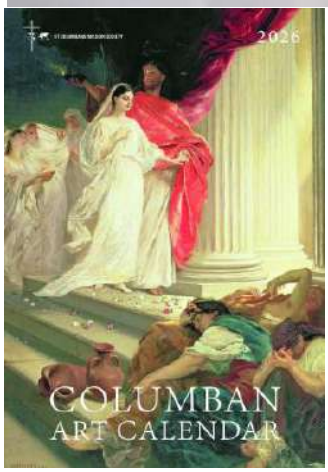
Time: 5.45pm-8pm
Length: 10 weeks
When:Starts Wed 11th February 2026
Venue: St Joseph's School Waitara

There is a registration form on the foyer table or please contact the parish office if you would like one emailed to you
stjpwaitara@xtra.co.nz
Father Brian - 027 516 3758









2026 Columban Calendars, $13 each

2016 Bible Diaries, $20 each

Daily Reflections for Lent, $8 each

Daily Reflections for Easter to Pentecost, $8 each

These can be purchased from the Parish Office. Text or email Nicky to buy yours, 027 672 2514 or shparish@xtra.co.nz.

Please note: Once these have sold out, we won't be able to get any more in, so be quick, so you don't miss out.

Rex Begley Passed away peacefully at home on 21 January 2026. Dearly loved husband of Theresa. Much loved Dad of John, Carol, Katie, Michael, and Elizabeth, father-in-law of John, Harry, and Hugh, and grandfather of Sylvia. When Rex and Theresa married, they moved to Palmerston North where they both worked in various roles in the Palmerston North diocese.