



# ST JAMES' PARISH

St James Muswellbrook  
St Thomas Aberdeen



We acknowledge the traditional owners who cared for this land for thousands of years and their descendants who have maintained these spiritual connections and traditions.

## PARISH CONTACTS

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FIFTH SUNDAY IN ORDINARY TIME – YEAR B

4th FEBRUARY 2024

### Entrance Antiphon [Psalm 94:6-7](#)

O come, let us worship God  
and bow low before the God who made us,  
for he is the Lord our God.

### First Reading [Job 7:1-4. 6-7](#)

A reading from the book of Job

*I am filled with sorrow all day long.*

Job began to speak:

Is not man's life on earth nothing more than pressed  
service,  
his time no better than hired drudgery?  
Like the slave, sighing for the shade,  
or the workman with no thought but his wages,  
months of delusion I have assigned to me,  
nothing for my own but nights of grief.  
Lying in bed I wonder, 'When will it be day?'  
Risen I think, 'How slowly evening comes!'  
Restlessly I fret till twilight falls.  
Swifter than a weaver's shuttle my days have  
passed,  
and vanished, leaving no hope behind.  
Remember that my life is but a breath,  
and that my eyes will never again see joy.

### Responsorial Psalm [Ps 146:1-6. R. v.3](#)

(R.) Praise the Lord who heals the broken-hearted.

or

(R.) Alleluia!

1. Praise the Lord for he is good;  
sing to our God for he is loving:  
to him our praise is due. (R.)
2. The Lord builds up Jerusalem  
and brings back Israel's exiles,  
he heals the broken-hearted,  
he binds up all their wounds.

He fixes the number of the stars;  
he calls each one by its name. (R.)

3. Our Lord is great and almighty;  
his wisdom can never be measured.  
The Lord raises the lowly;  
he humbles the wicked to the dust. (R.)

### Second Reading [1 Corinthians 9:16-19. 22-23](#)

A reading from the first letter of St Paul to the Corinthians

*Punishment will come to me if I do not preach the Gospel.*

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So, though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.



## **Gospel Acclamation Matthew 8:17**

Alleluia, alleluia!  
He bore our sickness,  
and endured our suffering.  
Alleluia!

## **Gospel Mark 1:29-39**

A reading from the holy Gospel according to Mark

*He cured many who suffered from diseases of one kind or another.*

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

## **Communion Antiphon Cf Psalm 106:8-9**

Let them thank the Lord for his mercy,  
his wonders for the children of men,  
for he satisfies the thirsty soul,  
and the hungry he fills with good things.

or

**Matthew 5:5-6**

Blessed are those who mourn, for they shall be consoled.  
Blessed are those who hunger and thirst for  
righteousness,  
for they shall have their fill.

## **REFLECTION by Fr Victor**

On this fifth Sunday of ordinary time, the holy mother church encourages us to follow Christ, who continues doing good. He, and his apostles carried out their mission as a responsibility and not just for wages. Therefore, he liberates and calls us to serve others freely.

In the Gospel this Sunday, we hear about three different dimensions of the ministry of Jesus. Jesus shows His innate ability to heal by restoring the health of the mother-in-law of Peter, and various others who came to Him. He gains his strength through his prayer to His Abba Father in a solitary place. He also expresses His commitment to

preach the Good News of the Kingdom of God to all humankind. Through these different dimensions of ministry, such as healing, prayer, and preaching, Jesus calls us to engage in the efforts to build the Kingdom of God. The hope with which people seek Him reveals the impact of his ministry on their lives.

Healing, praying, and preaching are the elements that are needed very much in the world today. Today, people long for persons who can listen to them attentively and compassionately and be able to console and heal their inner pain and suffering. They seek for people who can share the Good News of the Kingdom not just in words but through integrated life, as they believe that it will give them ultimate joy and hope in their life. People seek for persons who are deep in relationship with God and pray for them. So, can we be authentic healers, true persons of prayer, and tireless preachers like Jesus?

Let us pray to the Lord, who has set an example for all of us to heal, pray and preach, to help us to imbibe these elements in our lives. So that we may proclaim Jesus through our worthy living. May our life and mission be a shadow of his presence in the world.

**Stay Healthy, Stay Safe, Stay Joyful and Stay Blessed!**



## **Lenten Program 2024**

Interested Parishioners are invited register for the Pieta Lenten Program this year.

There will be at least three group sessions this year (more if needed) If you have a group who would like to do the Program on another day please call Colleen 0402 242 273 to arrange for Lenten Books for your members. There are six weekly sessions in the Lenten Program. Ash Wednesday to Palm Sunday.

**St Thomas Group** held Monday evening at the Church at 6pm new members very welcome. Call Carol Bowen 0438 812 898 or Marg Hamilton 0408 668 251.

**St James groups** to be held in the Convent this year as it affords ease of access and ease of Parking.

**Tuesday Morning Group 10am**

– call Kay Goodwin 0404 212 686 to register

or

**Tuesday Evening Group at 7pm**

– call Colleen Kelly 0402 242 273 to register

**First session 13<sup>th</sup> February**

In order to assist us on our Lenten journey the Wollongong diocese publishes a Lenten Program book each year that includes private daily reflections from Ash Wednesday to Easter Sunday for personal reflection in addition to longer-form Sunday Scripture reflections, readings, responsorial psalms, prayers and reflection questions that are traditionally part of group Lenten programs. The book also includes beautiful artwork from the Masters with accompanying artwork reflections.

## LECTIONARY BASED YOUTH ACTIVITIES

by Lisa-Marie Calderone-Stewart

### God's Word

A Reply to Paul

A major theme of the Scripture readings is 'Hope in the Gospel of Jesus'.

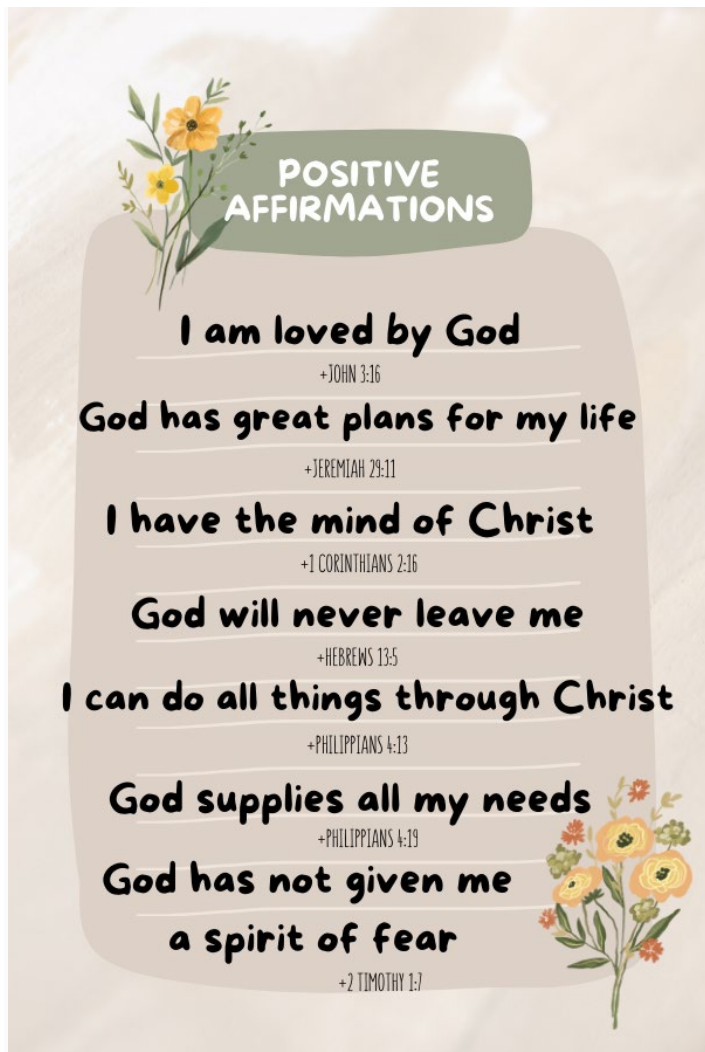
The reading from Job speaks of the burdens of the world and of the temptation to despair in the midst of them. In contrast, the psalmist offers hope that the Lord will be there to heal human brokenness.

Paul tells the Corinthians that as a Christian he has no choice but to preach the Gospel, and that in doing so, he will be blessed. The Good News of Jesus is not to be heard and stored away on a shelf, but rather lived and preached by us.

The Gospel of Mark offers hope in the face of human afflictions, as Jesus heals sick people and expels demons. Proclaiming the Gospel in word and action exhausts the body and spirit, so Jesus retreats to spend time in prayer. In doing so, he finds new vigour and strength to continue his mission of proclaiming the Good News.

### Parish Office Hours

The office is open 9am-3pm Tuesday, Wednesday, and Friday. The bulletin is distributed Friday afternoons.



## JUNIOR WORDSEARCH

Jesus brings the Good News to all

N C M Y L G A L I L E E H Y P  
M N B W I S I M O N D E D X C  
M P C I F A U C A H O Q K R Z  
I I M W A T A V D Y O M L D G  
F E V E R M B E D L R I N Z W  
J O T L N A U S E W T S E O H  
S P N J O V O R Z N Z E W Q R  
R V S I C K C L I H I R S O M  
B L K L Z C F L C B V A B H Z  
K H P D N B N A P A K B T A N  
A S N N I G H T K V E L Y O H  
O D C T I V W M Q N A E S U N  
N A D A D I S E A S E S D L K  
S O M M X J K F R E E W U Y Z

Try to find these words:

bed  
diseases  
door  
fever  
free  
Galilee  
miserable  
news  
night  
sick  
Simon  
sun

### LENT 2024 WITH THE CATHOLIC GUY, BRUCE DOWNES

Lent is a time when we can grow closer to God and prepare our hearts for the true meaning of Easter. Be inspired. Be refreshed. Be renewed!

For 40 days you will receive a short, practical, and inspiring video in your inbox every morning to help you make this Lenten journey more powerful and prayerful. This program is FREE and you can sign up here: <https://BruceDownes.org/Lent>

Go to [BruceDownes.org](https://BruceDownes.org) for more information.

### Keegan/Wood Family Group

Events have been set for February to July 2024. Be sure to check the bulletin for upcoming events. If you would like more information about this group, please contact Margaret on 6543 1238 or Robyn on 6542 5426.

## Weekly Mass Diary

Monday 5 February	Tuesday 6 February	Wednesday 7 February	Thursday 8 February	Friday 9 February	Saturday 10 February	Sunday 11 February
<b>Memorial</b> St. Agatha Virgin, martyr	<b>Memorial</b> St Paul Miki & companions, martyr				<b>Memorial</b> St Scholastica, virgin	<b>6th Sunday in Ordinary Time</b>
9.00am <b>Personal Prayer and Adoration</b> St James Muswellbrook		9.00am <b>Mass</b> St. James Muswellbrook	11.30am <b>Adoration and Benediction</b>  12.05pm <b>Mass</b> St, James Muswellbrook	9.00am <b>Mass</b> St James Muswellbrook	9.00am <b>Mass</b> St James Muswellbrook	10.00am <b>Mass</b> St James Muswellbrook
	5.00pm <b>Mass</b> St. Thomas Aberdeen					8.00am <b>Mass</b> St Thomas Aberdeen

### Minister Roster Sunday 11th February 2024

2nd Sunday of the Month	Readers	Cantors	Musicians	Gifts	Counters this week	Altar Servers	Sacristan
5.30pm Saturday Muswellbrook	J. O'Brien J. Paul	F. O'Brien	Sr. Dorothy				C. Hayes
8am Sunday Aberdeen	J. Dallah	T. Hobbs	K. Mason				M. Hamilton
10am Sunday Muswellbrook	G. Griffin B. Powell	M. Kelly	C. Kelly		Jane & Stephen Thatcher		K. Goodwin

#### **MASS AND PRAYER REQUESTS:**

**We remember and pray for those who are ill at home and in hospital at this time, may they know the healing presence of Christ:** We pray especially for Judy Chlebowicz, Mick Chisolm, David Curran, Pat Hogan, Abbie Sweeper, Kym Mason, Melanie Hoch, Kim Goodwin, Anne Hugo, Helen Tumbers, Anne Rawson, Vinitia Fernando, Kirsty Munn, Kellie Shaw, Michael Dolahenty, Jenny Paul, Danielle Camilleri and Sebastiammal

#### **Baptism:**

#### **Recently Deceased:**

#### **Anniversary:**

**Privacy Laws.** All parishioners are encouraged to pray for the sick. Masses will be offered on request. Due to privacy laws, names of the sick and deceased can only be put in the bulletin with the permission of the immediate family.

*St James and St Thomas - Pray for Us*

#### **BULLETIN**

Please contact the Parish Office on 6543 1167 if you have any notices for the bulletin, or alternatively email:

[muswellbrookparish@mn.catholic.org.au](mailto:muswellbrookparish@mn.catholic.org.au)

The Parish bulletin can be accessed on our website: [muswellbrookcatholicparish.org.au](http://muswellbrookcatholicparish.org.au).

or on our Facebook page: **Catholic Parish of St James Muswellbrook**

Please email [muswellbrookparish@mn.catholic.org.au](mailto:muswellbrookparish@mn.catholic.org.au) if you would like the bulletin emailed to you each week.

#### **SAFEGUARDING THE MOST VULNERABLE IN OUR COMMUNITY**

Please visit our 'Safeguarding' page to access a range of safeguarding resources: [muswellbrookcatholicparish.org.au](http://muswellbrookcatholicparish.org.au)

Have a complaint or wish to provide feedback? Visit: [officeofsafeguarding.org.au/feedback/](http://officeofsafeguarding.org.au/feedback/)

**"Our mission is to spread the Kingdom by being an alive and informed Community, united as one family in care and consideration for each other in the love of God."**