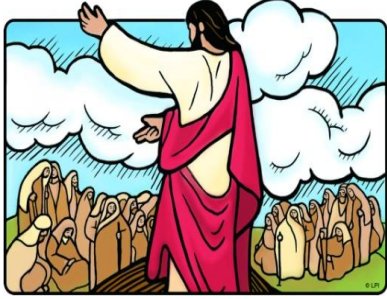


Our Lady of the Valleys Parish



Parish Priest Father Tony Kearns
Church Our Lady of Grace Church, 5 Palmer Crescent, Heretaunga (HTG)
 St Francis Xavier Church, 152 Stokes Valley Road. Stokes Valley (SV)
Sunday Eucharist Sat 5:30 pm Vigil (SV) 8:30 am (SV) and 10:30 am (HTG)
 Tuesday / Thursday 9:30 am (Stokes Valley)
Weekday Eucharist Wednesday /Saturday 9:00 am (Heretaunga)
 Friday 9:30 am (Heretaunga)
Weekday Liturgy of Word and HC Adoration of Blessed Sacrament Wednesday 9:30 am (Stokes Valley)
 Friday 10:00 am to 6:00 pm (Heretaunga)
Reconciliation By appointment with Parish Priest
Presbytery and Parish Office 5 Palmer Crescent Tel (04) 972 4282
 Heretaunga
Parish Administrator Monday – Friday 9:00 am – 1:00 pm
Website www.olv.org.nz E-mail office@olv.org.nz pp@olv.org.nz
St Brendan's School 56 Palmer Cres Tel (04) 939 1909

4 th Sunday in Ordinary Time		Year A	29 th January 2023
READINGS			
29 th Jan	1 st Reading 2 nd Reading Gospel	1 Zeph 2:3, 3: 12-13 2. 1 Cor: 1: 26-31 Matt 5: 1-12	
5 th Feb	1 st Reading 2 nd Reading Gospel	1 Isaiah 58: 7-10 2. 1 Cor: 2: 1-5 Matt 5: 13-16	

UPCOMING EVENTS

Wed 1st Feb 1:30 pm Catholic Women's League Pettit Centre
 Sat 4th Feb 2:00 pm Women's Circle of Friendship Pettit Centre



VOLUNTEERS REQUIRED URGENTLY
 At **Our Lady of Grace Church**, Heretaunga
 Eucharistic Ministers, Cleaners, Cafe



At **St Francis Xavier**, Stokes Valley
 Eucharistic Ministers, Cleaners.

Please contact the office on 9724282 if you can help out.



CIRCLE OF FRIENDSHIP

All ladies are welcome to join us on Saturday, 4th February, 2 - 4 p.m. Pettit Centre, behind the Our Lady of Grace Church, Palmer Crescent, Heretaunga, to celebrate the 10th Anniversary of the Circle of Friendship gatherings. Memories of past gatherings will be shared. Cuppa and chat following and a small, small plate to share would be appreciated. Gold coin donation.

LOOKING THROUGH THE LENS OF THE GOSPEL

In my parents' bedroom there were on the wall two photos of my mom and dad from their early adulthoods. The photo of my mother entranced me when I was a boy. I loved looking at it, even though I saw her in daily life. Something about that picture captured her perfectly. It was an image of the joy, wisdom, beauty, and strength that enveloped me from the start of my life. It was an icon of the woman who fed, taught, and encouraged me. I felt a deep pride that I came from such beauty.



The Beatitudes of Jesus are a kind of self-portrait. But it is a strange picture. At first, the blessings of being poor, mourning, and hungering and thirsting for righteousness may seem bizarre or, worse, a religious delusion. Who wants to look like that? But if we look again, we begin to see the characteristics of Jesus' form. He becomes poor and fills it with his riches for us, he weeps and mourns for us, and fills it with his joy, he hungers and thirsts for us to be righteous, and so satisfies us. And so on. It's the way he appears on the cross.

Perhaps we should put on our bedroom room walls the words of the beatitudes next to a crucifix of the Lord Jesus. Then we can do what the beatitudes are designed for, to gaze at the joy, wisdom, beauty, and strength of the one who is our origin, and who is with us every day. And little by little, we'll start to look like him.
— *Father John Muir*

PARISH PICNIC 2023



The ANNUAL PARISH PICNIC is scheduled for SUNDAY 12th February 2023. As in past years it will be after 10:30am Mass at Our Lady of Grace Heretaunga. It will be held on the front lawn of the Presbytery 5 Palmer Crescent.

ALL parishioners and friends are welcome to attend. SEE YOU THERE

CWL HERETAUNGA FEBRUARY MEETING

An invitation to all women in the Parish to join us to 'Welcome back to CWL for 2023': A Garden Party is being held on Wednesday 1st February at 1:30pm in the Pettit Centre. A good opportunity to catch up with everyone. Please contact Marilyn, 5284869, if you require a ride.



NEWSLETTER BY EMAIL

If you wish to receive the weekly parish newsletter by email please advise the Parish Office of your email address: office@olov.org.nz. We also use this distribution list to notify parishioners of significant events happening between newsletters



ASHES FOR ASH WEDNESDAY



Parishioners are invited to bring their Palms from previous year's Palm Sunday service (if you have them) to leave in the basket in the foyer of the Church ready for Ash Wednesday. These will be burnt to provide the Ashes used to mark the beginning of Lent on 22nd February. Thank you.

SACRAMENTAL PREPARATION PROGRAMME 2023

Enrolments for the 2023 Sacramental Preparation Program are now open for those candidates who would like to receive the Sacraments of Reconciliation, Confirmation and First Eucharist. **Enrolments can also be submitted on-line at www.olv.org.nz/sacraments/.** Enrolment forms are also available in the foyer of both churches and the School.



Enrolments close on 3rd February 2023. **The Programme starts with the PARENT MEETING ON February 12th at 7:00pm in the Pettit Centre** as The Reconciliation portion happens over Lent. Any enquiries please contact Fr Tony or Jenny Mahoney, the Sacramental Programme Co-ordinator.



PLANNED GIVING

"Everything – time, talent and treasure – given to the parish is a gift."

Have you ever considered going on the Planned Giving system here at Our Lady of the Valleys Parish? You can do this by Automatic Payment or the weekly envelope system. Your donations entitle you to a 33% tax rebate and a receipt will be provided to you at the end of the financial year. Planned Giving forms are available in the foyer of both churches. These can be completed and placed in the collection baskets. If you have any enquiries please ring Jovena in the Parish Office 528 2028



Engaged Encounter is a weekend experience for couples intending to be married.

Weekends for 2023 are 18 & 19 March, 19 & 20 August, and 25 & 26 November. Venue is Otari Parish presbytery, 301 Karori Road, Karori, Wellington. Registrations close 2 weeks before.

For more details go to the website <http://www.cee-wellington.co.nz/> Phone Kate and Simon Olson. Mobile 027 486 0700 or email simonolsen@gmail.com



Wanted- Has anyone got a first Holy Communion dress in their wardrobe that they have no need for. Urgently needed for use in Samoa. Please ring Susan, President, Wellington Archdiocesan Council, Catholic Women's League Ph 970 3730 or

021 068 3065.

WHY WE DO THE THINGS WE DO

Why do we have 'Ordinary' Sundays?



In between all the special festive occasions that occur in the life of a family there are many days we might call 'ordinary'. Filled with daily rituals – preparing meals, fronting up for work, dropping the kids at sports practice – they are an essential dimension of family life. Our Church calendar, too, has periods called Sunday in Ordinary Time. These are numbered consecutively. In between all the special occasions they celebrate the presence and action of God in our ordinary, and everyday lives.

LIVING WATERS CAFÉ



Sundays after 10:30am Mass. All parishioners are welcome. The café is held in the Pettit Centre behind the church and operates most Sundays from 11:30 until 12:30. The café is run by volunteers. Tea, coffee and a light snack are served. Children are catered for also. Gold coin donation is welcome but not essential.

ARE YOU NEW TO THE PARISH?

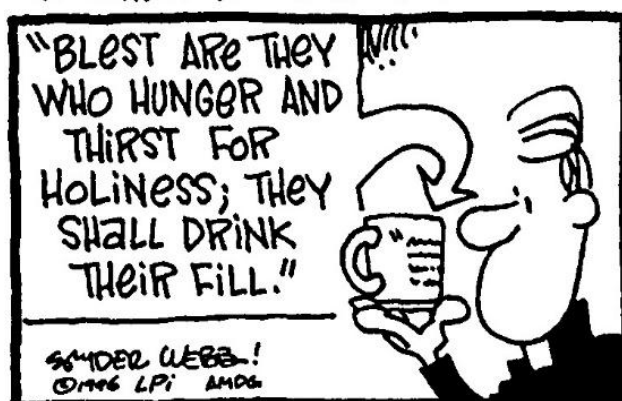
If you are new to our Parish then welcome. Please fill in one of the cards in the foyer: "New to our Parish?" so we can put you on the Parish roll.

We are a very vibrant and welcoming Parish and have lots of groups and ministries you might like to join. For more information, please contact Jovena in the Parish Office 972 4282 or email office@olov.org.nz



PLEASE REMEMBER IN PRAYER all who are sick and unwell, those affected by the COVID-19 virus, and those who are lonely. We pray also for those who have died recently including Peter Hobbs, Jennifer Christensen and Emeritus Pope Benedict. We pray also for those whose anniversaries occur around this time especially Leo Pereira. May they rest in peace.

4th SUNDAY IN ORDINARY TIME



FOR THE YOUNG ONES

GROWING WITH THE *Gospel* CYCLE A



COLOR

Read the Gospel of the week and color the image.



4th Sunday in Ordinary Time • Matthew 5:1-12a

A PUZZLE FOR YOU

The Beatitudes

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me."

Matthew 5:11 (NIV)

Based on Matthew 5:1-12 (NIV)



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

KINGDOM
HUNGER
THIRST

MERCY
HEART
MEEK

EARTH
SPIRIT
PURE

FILLED
BLESSED
POOR

MOURN
INHERIT
HEAVEN

ORATIO IMPERATA
On the threat from Covid19



God our Father, we come to you in our need to ask your protection against COVID19 that has disturbed and even claimed lives.

We pray that you guide the people tasked to find cures for this disease and to stem its transmission. Protect the medical experts that they may minister to the sick with competence and compassion.

We pray for those afflicted.
May they be restored to health soon.
Protect those who care for them.
Grant eternal rest to those who have died.

Give us the grace in this trying time to work for the good of all and to help those in need. We implore you to stop the spread of this virus and to save us from our fears.

Grant all these through our Lord Jesus Christ your Son, who lives and reigns with you, in the unity of the Holy Spirit, one God forever and ever. Amen.