



Our Lady of the Valleys Parish



Parish Priest	Father Maleko Api-Tufuga
Churches	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)
Weekday Eucharist	Tuesday / Thursday 9:30 am (Stokes Valley) Wednesday/Friday 9:30 am (Heretaunga) Saturday 9:00 am (Heretaunga)
Adoration of Blessed Sacrament	Friday 10:00 am to 6:00 pm (Heretaunga)
Reconciliation	Every Saturday at 9.30 am (Heretaunga)
Presbytery and Parish Office	5 Palmer Crescent Heretaunga
Parish Administrator	Monday – Friday 9:00 am – 1:00 pm
Website	www.olv.org.nz
St Brendan's School	56 Palmer Cres
Newsletter	
	Tel (04) 972 4282
	E-mail office@olv.org.nz pp@olv.org.nz
	Tel (04) 939 1909

4 th Sunday in Ordinary Time		READINGS YEAR A	1 st February 2026
1 st Feb	1 st Reading 2 nd Reading Gospel	Zephaniah 2: 3, 3: 12-13 Cor 1: 26-31 Matthew 5: 1-12	
8 th Feb	1 st Reading 2 nd Reading Gospel	Isaiah 58: 7-10 Cor 2: 1-5 Matthew 5: 13-16	
UPCOMING EVENT			
Tue 03 rd Feb	05.30 pm 07.30 pm	Men's Group at Silverstream Bowling Club Bible Study Group	
Wed 04 th Feb	01.30 pm	Catholic Women's League in the Pettit Centre	
Sat 07 th Feb	02.00 pm	Circle of Friendship at the Pettit Centre	
 EVENTS IN THE ARCHDIOCESE What is happening around our Diocese? Stay up to date with Archdiocesan events - https://www.wn.catholic.org.nz/events/			

BIBLE STUDY GROUP

There will be group bible studies in the meeting room at Our Lady of Grace Church. Is God impressing upon you to share some of the thoughts you get from the Sunday readings, or you want to listen to what others are learning from it? Come let us discuss and reflect the way together. Meetings will start from **7:30 pm -9:00 pm on Tuesday evenings.**



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 18th February. Thank you.

SACRAMENTAL PREPARATION PROGRAMME 2026

Enrolments for the 2026 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

<https://docs.google.com/forms/d/e/1FAIpQLSc0GPn7AhsUAltUR3WXeyX72mUuJLzZWkvchQnUiy2gUv1CA/viewform>

Paper enrolment forms are available in the foyer of both churches and the School.

The Programme starts on February 3rd as the Reconciliation portion happens over Lent. Any enquiries please contact Fr Maleko or Sarah Chard, the Sacramental Programme Co-ordinator.



CWL FEBRUARY GARDEN PARTY MEETING

Ladies of the Parish (and friends) are invited to our indoor Garden Party at 1.30pm on Wednesday, 4th February in the Pettit Centre.

Bring along some produce from your garden or pantry to add to our sales table and join us for afternoon tea and a chat. Members a small plate please.

CIRCLE OF FRIENDSHIP

A very happy New year to you all. Our first Circle of Friendship will be held on Saturday 7th February, 2pm start at the Pettit Centre. We will start the year off with a general chat and sharing of stories from Christmas - did you go away, did you visit family or did family descend upon you?

As usual we will share a cuppa and light afternoon tea. Please feel free to bring along a friend who may be interested in joining this very friendly Circle. Just a reminder - a gold coin donation towards our running costs is always very welcome.



QUARTERLY FINANCE REPORT October – December 2025

Operating Income	83,424
Less Expenditures	
• Pastoral Costs	(44,959)
• Property Costs*	(13,540)
• Administration Costs	(11,883)
Total Operating Expenditure	(70,382)
Operating Surplus (Deficit)	13,042
Balance Sheet Flows	
• Balance Sheet Inflows	6,788
• Balance Sheet Outflows	(5,524)
Excess/(Deficit) for the Qtr	14,307





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*

ARCHDIOCESAN COMMISSION FOR ECOLOGY, JUSTICE AND PEACE



"In this age, marked by so many seemingly interminable wars, by internal and social divisions that create mistrust and fear, St Francis continues to speak ...because his life points to the authentic source of peace...Peace with God, peace among human beings, and with creation are inseparable dimensions of a single call to universal reconciliation."

Pope Leo XIV



LATE NIGHT MASS FOR YOUNG PEOPLE

Friday, 13th February at 8.00pm in the Sacred Heart Cathedral, Hill Street - Come join us for the first Late Night Mass of the year with other young people! We hope to see you all there and don't forget to bring a plate.

ST VALENTINE'S DAY MASS

The Archbishop invites you to the annual celebration of married love. All engaged and married couple's welcome. Mass celebrated by Archbishop Paul Martin SM, 5.30pm on Saturday 14 February, Sacred Heart Cathedral, Thorndon. Light refreshments to follow. Come along to this joyful Mass before your dinner reservation!



SEASONS FOR GROWTH COMPANION

Help children and young people navigate change, loss, and grief. Seasons for Growth is a peer-support programme for ages 6 -18, designed to assist with life events such as separation, bereavement, or moving schools.

Upcoming Training Dates: 23–24 March 2026 (Online)

Jess Ferroni at 021 374 405 or visit [Seasons for Growth](#) to register.



PARISH YOUTH GROUP

Blessed New Year to everyone. Our Parish Youth Group has a regular meeting every 2nd and 4th Sunday of the month at the Pettit Centre in Our Lady of Grace Church, Heretaunga. We start with praying the rosary at 12.30 and then meeting proper and activities at 1.00 pm. The activities are open to all our parish youth members (13-25 years old).



PARISH PICNIC AND FAMILY MASS



Our annual tradition of Parish Picnic will be held on the 22nd of February 2026. The picnic will be right after the 10.30 am Family mass in Our Lady of Grace Church, Heretaunga. There will be a simple program for everyone to enjoy and games for the kids and the kids at heart. Bring a picnic to share. All are invited to join.

FILIPINO MASS

12.30 pm, 1 February 2026 (Sunday) Sacred Heart Cathedral, 40 Hill Street, Thorndon, Wellington 6011 All are welcome

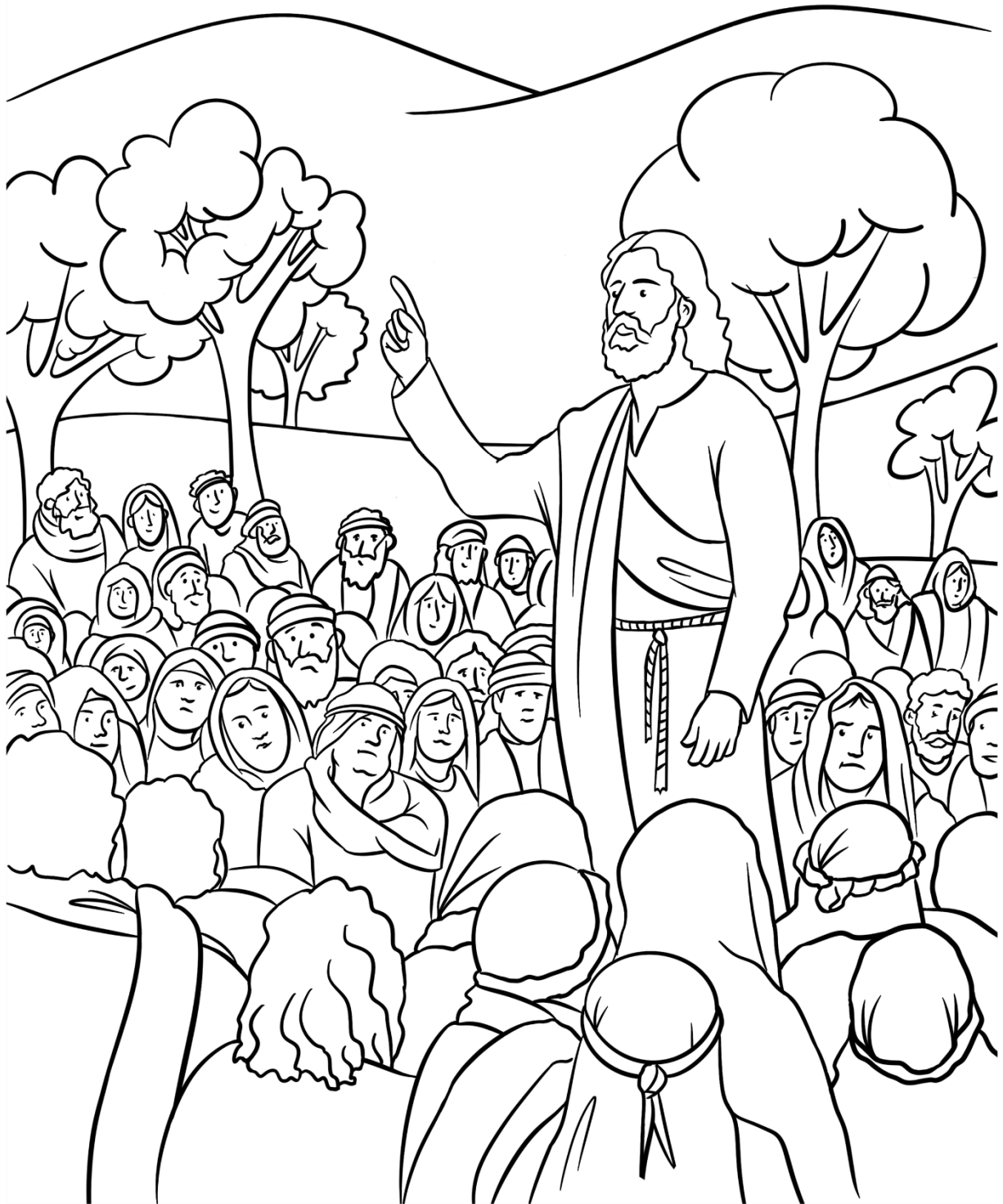


PLEASE REMEMBER IN PRAYER all who are sick and unwell, and those who are lonely. We pray also for those who have died recently especially Denzil Karam and Cecelia Rohloff, and for those whose anniversaries occur around this time.

4th SUNDAY IN ORDINARY TIME



FOR THE YOUNG ONES



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PUZZLE FOR YOU

The "Bee Attitudes"

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them.

Matthew 5:1-2 (NIV)

Based on Matthew 5:1-12



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

MOURN
FILLED
KINGDOM

THIRST
MEEK
INHERIT

PURE
MERCY
HEAVEN

HUNGER
POOR
BLESSED

HEART
EARTH
SPIRIT