

Holy Family Parish Como - Kensington



Parish Priest: Fr Dat Vuong - Email: dat.vuong@perthcatholic.org.au

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Office Hours Tuesday - Thursday 9.00am – 12noon - Website: www.holyfamilycomo.com

Pastoral Assistant: Yunita Lay 0485506152 Email: pastoral.como@perthcatholic.org.au

Office Staff: Joanne Zappia and Mareen Dias

Weekend Masses Saturday 6.00pm, Sunday 8.30am & 10.00am **Weekday Masses:** Tuesday – Friday 9.00am

Reconciliation: Saturday 5.00pm - 5.30pm **Adoration:** Thursdays 9.30am-10.30am

Funerals, Baptisms and Marriages: By appointment – Please contact the office

4th Sunday of Ordinary Time – Year A

Sunday, 1st February 2026

ENTRANCE ANTIPHON

Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.

FIRST READING *Zephaniah 2:3, 3:12-13*

Seek the Lord all you, the humble of the earth, who obey his commands. Seek integrity, seek humility; you may perhaps find shelter on the day of the anger of the Lord. In your midst I will leave a humble and lowly people, and those who are left in Israel will seek refuge in the name of the Lord. They will do no wrong, will tell no lies; and the perjured tongue will no longer be found in their mouths. But they will be able to graze and rest with no one to disturb them.

RESPONSORIAL PSALM

R. Happy the poor in spirit; the kingdom of heaven is theirs!

SECOND READING *Corinthians 1: 26-31*

Take yourselves, brothers, at the time when you were called how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen - those who are nothing at all to show up those who are everything. The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: if anyone wants to boast, let him boast about the Lord.

Next Sunday's Readings: 5th Sunday in Ord Time Yr A

Isaiah 58:7-10

Ps 111:4-9

Corinthians 2:1-5

Matthew 5:13-16

GOSPEL ACCLAMATION

Alleluia, alleluia!

Rejoice and be glad; Your reward will be great in heaven Alleluia!

GOSPEL

Matthew 5: 1-12

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

'How happy are the poor in spirit; theirs is the kingdom of heaven.

Happy the gentle: they shall have the earth for their heritage.

Happy those who mourn they shall be comforted.

Happy those who hunger and thirst for what is right: they shall be satisfied.

Happy the merciful: they shall have mercy shown them.

Happy the pure in heart: they shall see God.

Happy the peacemakers: they shall be called sons of God.

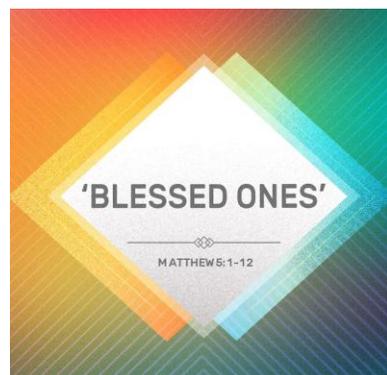
Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

COMMUNION ANTIPHON

Let your face shine on your servant. Save me in your merciful love. O Lord, let me never be put to shame, for I call on you.

St Paul's Sunday Missal
St Paul's Publications –
2012 Popular Edition



PARISH WEEK AHEAD
2nd – 8th February 2026

Monday 2nd February
9.00am No Mass



Tuesday 3rd February
9.00am Mass

Wednesday 4th February
9.00am Mass

Thursday 5th February
9.00am Mass
9.30am -10.30am Adoration

Friday 6th February
9.00am Mass

Saturday 7th February
5.00-5.30pm Reconciliation
6.00pm Mass

Sunday 8th February
5th Sunday in Ordinary time
8.30am Mass (Morning Tea)
10.00am Mass (Morning Tea)

UPCOMING LITURGIES

Ash Wednesday – 18th February
Mass to be celebrated at 9.00am
and 7.00pm in the evening.

Stations of the Cross
Will start Friday 20th February at
7.00pm and will continue every
Friday during the season of Lent.

St Patrick's Day – 17th March 9am
St Joseph – 19th March 9am
Annunciation of the Lord – 25th
March 9am
Palm Sunday – 29th March
Good Friday – 3rd April
Easter Sunday - 5th April

LOST PROPERTY BOX

We have many items currently in the
Lost Property Box at reception.
Sunglasses, reading glasses, water
bottle, a pair of children's thongs,
hats, caps and a watch. We also
have a set of keys. If you think you
have lost something at church,
please have a look in the box
because it may be yours.

TAP AND GO MACHINE
1ST AND 2ND COLLECTION

Tap each machine selecting the
amount you wish to offer OR insert
cash into the 2 cash chutes next to
each machine.

PLANNED GIVING CONTRIBUTIONS
via DIRECT DEBIT

1ST Collection Account
BSB 086 006 A/C number 331331103
2ND Collection Account
BSB 086 006 A/C number 839 893 940



We extend a very warm welcome to
visitors and new parishioners to our
Parish in 2026. Please introduce
yourself to Father Dat after Mass. If you
are joining our Parish, please complete
a Parishioner Information Form
available in the foyer.

SACRAMENTAL PROGRAM 2026

Parents are invited to enrol their
children in our Sacramental Program
for 2026. Enrolment forms are in the
foyer and when complete, can be
placed in the collection. Please submit
your forms as soon as possible.

RCIA FAITH JOURNEY

*"Where your treasure is, there will your
heart also be" (Mt 6:21)*

What does the Catholic faith tradition
treasure? How is this lived out in our
daily lives?

This is notice of a future RCIA Hub
faith journey beginning soon. Dates
and times to be advised.

Yunita Lay
Pastoral Assistant

DAY OF THE UNBORN CHILD MASS

The sacredness of every human life will
be celebrated at a special Mass on
Saturday 7 March at 10:00am
at St Mary's Cathedral.

Prayers of hope and healing will be
offered for all who have lost a child.

There will also be an opportunity to
place a flower at the foot of the Altar in
honour of all unborn children or in
remembrance of your own child/ren.

For additional information, please call
Leigh or Lisette on 9328 2929.

SUNDAY MORNING TAI CHI:
MOVE, PRAY, RENEW

Start your Sunday with gentle movement
and quiet reflection.
We're offering a Tai Chi session every
Sunday at 7am, beginning 1st February
2026, for parishioners aged 40 and above.
This free class (limited to 10 participants)
focuses on improving mobility, balance, and
wellbeing, and will begin with prayer and a
short reflection. Led by our own Kuatrinnus
Jay Wijaya. It's a wonderful way to care for
both body and spirit before Mass.
All are welcome; come and begin your
Sunday refreshed.

MASS INTENTIONS:

Recently Deceased: Howard Evans

THE POWER OF PRAYER LIST
Please keep the following

people in your prayers:

Norah Langshaw, Waminda
Residents, Dragutin Markovic, Daisy
Givens, Nadia O'Brien, Mary
Hippolite, Reg & Joyce Groutsch, Ed
Devereux, Heather Jordan, Ng
Choon Bee, Ng Chai Hong, Paddy
Embry, Caroline, Wayne, Ethan,
Liam & Scarlett, Sonali, Sachini, Fe
Fontanini, Michael, Nadia, Annie,
Reg & May, Margaret & Arthur, Edith
Johnson, Rhys, Brit, David, Anne
Armstrong, Elaine Newman, Helen
Peters, Carmel, Msgr Brian
O'Loughlin, Rosa Canada, Sarah,
Molly, Fred, Patrick, Louise, Chris,
Aria, David Rowe, Sanjana & family,
Andrew, Aura Diego, Familia
Becerra, Famia Cerinca, Annemarie
MacPherson, Barbara Kenny, David
Tiley, Margaret Abbott, Joshua,
Serafini Family, Jessie Amphlett,
Cain Family, Regina & Linda,
Beverley Loraine, Jono, Gina &
Brian, Fr Carroll, Maria O'Connor,
Albert, Carmel, Julie, Anna Alfonso,
Jessie S, Mario Gomez, Caitlin Von
Witt, Melissa Arthena, Chris Lowry,
Aldrin Ong, Adrian Ong, Kaye,
Anastasia, Ashot, Tamara, Rita
Anderson, Melissa Arthena, Mervin &
Jenni Yap, Wang Ming Wei, Lachlan,
James Chandler, Lachlan, Sucich
family, Maureen & Beiam
McCormack, Enzo Troisi, Natasha,
Marie H, Jean, Antonette & George,
Declan & Family, Eric Granucci,
Trevor Fonty, Steve Ford, Aiden
Cooper, Ian Wood, Rosina Renzullo,
John Joyce, Richard Newman, Beryl
Northey, John O'Connell, Liz
Mulcahy, Kelley H, Ambiqua
Salavantra, Bob Perue, Mark

SAFEGUARDING
COMMITMENT STATEMENT

Holy Family Parish Como is
committed to providing a safe &
secure environment for all its
members, leaders, especially its
children & vulnerable adults.
The care, safety & welfare of
children & vulnerable adults is a
collective responsibility
embedded in policies &
practices of the Parish which
reflect a commitment to a zero
tolerance to abuse.

SAFEGUARDING OFFICERS

Mark Ferroa 0425454763
Breda Pires 0422237261



In today's liturgy, the Beatitudes according to the Gospel of Matthew are proclaimed. The first is fundamental. This is what it says: "Blessed are the poor in spirit, for theirs is the kingdom of heaven".

Who are the "poor in spirit"? They are the ones who know they cannot rely on themselves, that they are not self-sufficient, and they live as "beggars before God". They feel their need for God and recognize every good that comes from him as a gift, as a grace. Those who are poor in spirit treasure what they receive. Therefore, they desire that no gift should go to waste. Today, I would like to pause on this typical aspect of the poor in spirit: not to waste. The poor in spirit try not to waste anything. Jesus shows us the importance of not wasting. For example, after the multiplication of the loaves and the fish, he asks that the leftover food be gathered so that nothing would be wasted. Not wasting allows us to appreciate the value of ourselves, of people and of things. Unfortunately, however, there is a principle that is often disregarded, above all in more affluent societies where the culture of waste, the throw-away culture is predominant. Both are a plague. So, I would like to propose to you three challenges against the waste mentality, the throw-away mentality.

The first challenge: not to waste the gift that we are. Each one of us is good, independent of the gifts we have. Everyone is rich not only in talents, but in dignity. He or she is loved by God, is valuable, is precious. Jesus reminds us that we are blessed not for what we have, but for who we are.

Then, the second challenge: not to waste the gifts we have. It is a fact that about one-third of total food production goes to waste in the world each year, while so many die of hunger! Nature's resources cannot be used like this. Goods should be taken care of and shared in such a way that no one lack what is necessary.

Lastly, the third challenge: not to throw people away. The throw-away culture says, "I use you in as much as I need you. When I am not interested in you anymore, or you are in my way, I throw you out". It is especially the weakest who are treated this way – unborn children, the elderly, the needy and the disadvantaged. But people are never to be thrown out, the disadvantaged cannot be through away! Every person is a sacred gift, each person is a unique gift, no matter what their age or condition. Let us always respect and promote life! Let's not throw life away!

Pope Francis, 29.01.23 Angelus, Saint Peter's Square

INTERNATIONAL DAY OF PRAYER AND AWARENESS AGAINST HUMAN TRAFFICKING

The Australian Catholic Religious Against Trafficking in Humans (ACRATH) invites you to observe the **International Day of Prayer and Awareness Against Human Trafficking on the 8th February**

This day was designated by Pope Francis following a request from Talitha Kum, the International Network of Consecrated Life Against Human Trafficking. The day also commemorates the feast of St Josephine Bakhita, patron saint of victims of modern slavery, and calls all people of faith and goodwill to pray, reflect and act to end human trafficking and modern slavery. Email: wacmro@perthcatholic.org.au or visit ACRATH

Your marriage deserves this weekend

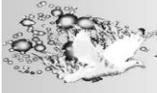
Every marriage needs time to pause, reconnect, and grow. The **Worldwide Marriage Encounter Live-Out Weekend** (Bahasa Indonesia) offers couples a special opportunity to step away from daily routines and rediscover the joy, depth, and grace of married life.

This weekend is not group therapy or counselling, it's a gentle, faith-based experience that helps couples listen more deeply, communicate more openly, and renew their commitment to one another.

📅 14–15 March 2026

📍 Mary MacKillop Centre, South Perth

📄 Register at: <https://tinyurl.com/wemep PerthindoA3>



Perth International Voice & Star of the Sea Musical Ensemble
Serenading Our Lady in the Spirit of Taizé



MARY LIGHT OF OUR HOPE
Saturday, 14th February 2026 at 7pm

In the 100 - year Jubilee Celebrations of the Schoenstatt Sisters of Mary at the Schoenstatt Shrine,
This is an outdoor event.
Please bring a chair, a plate to share and a pen.



9 Talus Drive Mt Richon
Ph. 9399 2349,
Mob: 0400 234 910



KIDS' CORNER

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

THE CHILDREN'S LITURGY
WILL RETURN NEXT SUNDAY
8TH FEBRUARY DURING THE
8.30AM 10.00AM MASSES

4TH SUNDAY IN ORD TIME

God our Father wants us all to be happy. But lasting happiness comes from inside us, when our hearts are filled with love and goodness. Today we hear Jesus explaining the secret of finding such happiness.

Let us Pray

Jesus, you shared the secret of everlasting happiness with us and showed us how to find and keep it. Help us to live by your guidelines and to share this happiness with others.

BLESSED
COMFORTED
EARTH
FILLED
GLAD
GOD
HEART
HEAVEN

HUNGER
INHERIT
KINGDOM
MEEK
MERCIFUL
MOUNTAIN
MOURN
PEACEMAKERS

PERSECUTED
POOR
PROPHETS
PURE
REWARD
RIGHTOUSNESS
SPIRIT
THIRST

WEEKEND ROSTER

Saturday 6.00pm

Sunday 8.30am

Sunday 10.00am

COMMENTATOR/READER

31 st Jan/1 st Feb	4 th Sunday in Ord	C. Dimitri Sidi R. Helen Mason EMHC Christina Sidi	C. Geraldine Taylor R. Lyn Hope-Hume EMHC Jill Browne	C. Cecilia Yap R. Cecilia Bray EMHC Grace Toczylowski
7 th Feb/8 th Feb	5 th Sunday in Ord	C. Amanda Johnson R. Carolyn Watson EMHC Graham Johnson	C. Peter Messer R. Annette Newman EMHC Murray Rosenberg	C. Shanthi Dias R. Pascal Yip EMHC Patricia Cowley
14 th Feb/15 th Feb	6 th Sunday in Ord	C. Carolyn Watson R. Dimitrio Sidi EMHC Christina Sidi	C. Lynne Newton R. Ralph Newton EMHC Rose Hart	C. Cecilia Bray R. Pascale Tin EMHC Carem Carrasco

ACOLYTES

31 st Jan/1 st Feb	4 th Sunday in Ord	Dimitrio Sidi	John Newman	Leo Burke
7 th Feb/8 th Feb	5 th Sunday in Ord	Hasan Sidi	Shajy Vadukoot	Tony Bray
14 th Feb/15 th Feb	6 th Sunday in Ord	Hadsa Sidi	Michael Taylor	James Chong

ALTAR SERVER

31 st Jan/1 st Feb	4 th Sunday in Ord	Dinuli Kariyakarawana Lahan Kariyakarawana	Volunteers needed	Volunteers needed
7 th Feb/8 th Feb	5 th Sunday in Ord	Volunteers needed	Volunteers needed	Volunteers needed
14 th Feb/15 th Feb	6 th Sunday in Ord	No Servers	Patrick Newman Evelyn Newman	Martina Teran-Carrasco Samanatha Teran-Carrasco

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