

Fifth Sunday in Ordinary Time

Sunday 8 February 2026



Readings for  
this Sunday

Isaiah 58:7-10  
1 Corinthians 2:1-5  
Matthew 5:13-16



Readings for  
next week:

Ecclesiasticus 15:15-20  
1 Corinthians 2:6-10  
Matthew 5:17-37



## Liturgical Jottings

### Incipits

Most scripture texts proclaimed in our Liturgy of the Word begin with additional words not part of the selected text in order to give direction and context to the passage. The first reading today from the book of Isaiah starts with verse 7, the Lectionary editors have added "Thus says the Lord" which come from Is 56:1 the beginning of a long discourse. Similarly with the Gospel read today, the editors have added "Jesus said to his disciples" which come from Matt 5:1-2. The Canadian Lectionary adds several more words: "Jesus went up the mountain and was joined by his disciples. Then he began to teach them." Without the additional words (the incipits) we may wonder what is going on when we hear: "He said to them" Who is he? Who are they? And where are they at the time? It is a trap for young players who select a reading straight out of the bible to include in a liturgy.

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## Focus on the Readings

The first reading from the book of Isaiah comes from a much longer discourse in which the Lord is addressing several issues to the "nations" as they come out of exile, resettling in their homeland and rebuilding the Holy City, Jerusalem. This excerpt addresses the re-establishment of prayer and fasting as a noble religious practice. But through the Prophet, the Lord reminds them that fasting has both spiritual and social dimensions. There must be a "desire" for the external ritual of fasting and a "desire" for compassion for the poor.

The Lord's demand for integrity and charity may seem overwhelming for the just person. This passage has only half the *incipit* (see the column to the left). To whom is the Lord speaking? Who is "you"? It is the people, the whole nation not just individuals. The whole nation is exhorted to true fasting and compassion to the poor. Thus, it is very reminiscent of the Gospel of last week, the Beatitudes.

The conclusion of the first reading also resounds with the conclusion to the Beatitudes "Rejoice and be glad for your reward will be great in heaven" Matt 5:12a, and to the sentiment expressed in the Gospel today: "You are the light of the world" Matt 5:14 and in the first reading: "Your light will rise in the darkness." (Is 58:10)

## Quotes of the Day

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. *Martin Luther King, Jr.*

All the darkness in the world cannot extinguish the light of a single candle. *St Francis of Assisi*

## Prayer for the Week

Blessed are those who see in each one Your light:

In their houses, they are sources of light.

Blessed are those who are forgiven:

In their turn, they radiate peace.

Blessed are those who open their hands and give:

The joy of God shines upon them.

*Commission Francophone Cistercienne*

## On the Lighter Side

The Light of the World (US, 2025) is an animated movie that follows Jesus' life from ministry beginnings through crucifixion, resurrection, as seen through the eyes of the Apostle John who sometimes is humorous, sometimes rowdy, and sometimes not very practical. See review in:

[www.australiancatholics.com.au/article/light-of-the-world](http://www.australiancatholics.com.au/article/light-of-the-world)



|                                                                                                                                                         |                                                    |                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|-----------------------------------------|
| <br>Please email or contact the office to add names to the prayer list | For those who have died and those who are grieving | Aileen Kelly                            |
|                                                                                                                                                         | For those whose anniversary occurs at this time    | Angelo Serra, Josie Gallo, Betty Curtis |
|                                                                                                                                                         | Our sick and their carers                          | Harney McKinnon, Rita Fairchild         |

## ROSTERS FOR THE NEXT TWO WEEKS

### Sunday 15th February 10:30am

Commentator: Theresa Cook  
Reader: Rob Miller  
Gospel Procession: Steve De Lai  
Gifts: A Basile & L Mercuri  
Eucharistic Minister: Anna Ciavarella  
Screen Operator: Steve De Lai  
Music Operator: Trish Warnett  
Money Counters: E Worm & M Gale

### Sunday 22nd February 10:30am

Commentator: Anne Hutchison  
Reader: John Keane  
Gospel Procession: Debbie Turvey  
Gifts: Cheryl & M Vraca  
Eucharistic Minister: Steve De Lai  
Screen Operator: Debbie Worm  
Music Operator: Mary Gale  
Money Counters: S & S De Lai

### Saturday Mass times for 1st & 3rd Sunday of the Month

6:00pm (Oct – Mar)      5:00pm (Apr-Sep)

We thank all of our volunteers for their assistance during Mass.

### BAPTISM PREPARATION INFORMATION SESSION:

next Wednesday 4<sup>th</sup> March at 7:00pm

**GLUTEN FREE HOSTS:** Please note that gluten free hosts are available to parishioners who are gluten intolerant. Please see the Trish or Fr Uday. For further queries contact the parish office.

**NAMES ON PRAYER LIST:** Please contact the office or by email to add names on the prayer list.



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## Two Week Mass Timetable Week Commencing 11<sup>th</sup> February

### Weekday Masses

Wednesday 11<sup>th</sup> February 9:15am (Liturgy)  
Friday 13<sup>th</sup> February 9:15am (liturgy)

### Weekend Mass

Sunday 15<sup>th</sup> February 10:30am (Fr Grace)

### Liturgy & Weekday Masses

Ash Wednesday 18<sup>th</sup> February 9:15am (Fr D Wellasden)  
Friday 6<sup>th</sup> February 9:15am (Liturgy)

### Weekend Mass

Sunday 22nd February 10:30am (Fr Grace)

### Monthly events

*Anointing Mass every 1<sup>st</sup> Wednesday Mass at 9:15am*

*Italian Rosary every 2<sup>nd</sup> Friday at 2pm in the Church*

*Reconciliation every 1<sup>st</sup> Saturday of the month (30 minutes before Mass)*

*Saturday evening Masses: 1<sup>st</sup> & 3<sup>rd</sup> Sunday of the month  
4<sup>th</sup> Sunday of the month: Shared lunch in St Mary's Hall*

### Ladies Cuppa & Chat

1<sup>st</sup> Wednesday of each month at 2pm in St Mary's Hall. All welcome.



*The next one will be Wednesday 4<sup>th</sup> February.*

### Plate Collection and Envelope

Thank you so much for your generosity and support of the parish.



Thank You

God bless you always.

**Last week: \$ 604.00**

*Bucket collection for Fr Uday's India trip \$1500. Fr Uday would like to thank everyone for their generous support and he would like to let you know he has arrived safely in India.*

The next Italian Rosary will be on Friday 13<sup>th</sup> February at 2pm in the church.

**The next Shared Parish Lunch will be on Sunday 22<sup>nd</sup> February following 10:30am Mass.**

**Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.**

*Matthew 5:16*

There will be no Saturday Masses while Fr Uday is away. Fr Michael Grace will be celebrating the Sunday Masses at 10:30am in February and the first weekend in March.

Weekday Masses will be replaced by Liturgies on Wednesdays and Fridays (with the exception of Ash Wednesday on 18<sup>th</sup> February – this will be celebrated by Fr. Des Welladsen).

There will be no Anointing Masses or Reconciliation during February & March while Fr Uday is away.

***Each Friday during Lent there will be the Stations of the Cross following Mass (or Liturgy while Fr Uday is away) at 9:15am.***

**Next PPC meeting:** Wednesday 11<sup>th</sup> February at 6:30pm in the Presbytery.

**Planning notice:** Parishioners may have noticed an application for a Planning Permit notice regarding the subdivision of land, on the gate of St Mary's Hall. The parish is looking at subdividing the land behind the Catholic Education Office (old Convent), St Mary's Hall and parish Carpark. It is required under the Planning and Environment Act 1987 that notice must be given.

### **Lenten Group**

We are planning to meet weekly to talk about the Sunday Mass Readings of Lent. We will meet at 7pm on Wednesdays. If you would like to come along on any/all of the weeks during Lent, you will be most welcome. Please add your name to the list in the Narthex. Denise Bourke

### **Let Your Light Shine Bright**

The 5th Sunday in Ordinary Time Year A reminds us that faith is not something we keep hidden. Jesus tells us to be like salt and light. These are simple images, but they help us understand what it means to live as His followers.

Matthew 5:13-16 is part of the Sermon on the Mount. Jesus teaches His disciples their role in the world—they are to be salt and light. These images speak to influence, purpose, and visibility. This connects to Matthew's emphasis on discipleship and righteousness in daily living. Jesus calls His followers not just to believe, but to live in a way that shows God's love.

The Gospel of Matthew often stresses the connection between faith and action. Doing good works is not for praise, but to give glory to God. On the 5th Sunday in Ordinary Time Year A, this Gospel shows that how we live can lead others to God.

### **INTERNATIONAL DAY AGAINST HUMAN TRAFFICKING**

The Feast of St Bakhita, this Sunday 8<sup>th</sup> Feb, is day for prayer, reflection & action on the issue of human slavery in its many forms. Canonised in 2000, St Bakhita, captured in Sudan, aged 7, was bought and sold many times before being released in Italy and becoming a Canossian Sister. Take action against modern slavery by purchasing Slavery Free Chocolate this

Easter [www.chocolatescorecard.com](http://www.chocolatescorecard.com) More information at Australian Catholic Religious Against Trafficking Humans website <https://acrath.org.au/>

Lord, help us to be salt and light in the world. Give us the courage to act with love and kindness. Help us to trust in You, even when we feel weak. May our actions bring hope to others and lead them closer to You. Amen.

### **CHILD SAFE PARISH**

We are a Child Safe Parish, we have a zero tolerance for child abuse and aim to provide a safe, supportive and welcoming environment to all visiting children, young persons and vulnerable adults. If you are concerned for any form of abuse that is immediate you should call 000; a significant risk or harm, whether or not you have formed this belief on reasonable grounds, you should immediately raise your concerns with our Parish Child safety officer Debbie Turvey on 0407 804 317.

### **ACKNOWLEDGEMENT TO COUNTRY**

We turn our hearts and minds to the people of the Yorta Yorta nation, who have occupied this country for thousands of years. We pay respect to their elders past, present and emerging, and commit to walking alongside First Nation Australians in truth, justice and reconciliation.

### **Sacred Heart Parish, Tatura**

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**Website:**

<http://www.sacredheartparishtatura.com.au>

**Facebook:** Sacred Heart Catholic Parish Tatura

## DIOCESE NEWS – 8-2-2026



Discover Catholic Podcasts and events happening across Australia – retreats, pilgrimages, workshops and more.

Visit [www.CathEvents.org.au](http://www.CathEvents.org.au) to find opportunities to grow in faith and community. Event organisers can also list their events for free, helping more people connect and participate.

The latest Along the Track can be found on our website under the heading of **Sharings / Along the Track**

**Diocese Website:** <https://www.sandhurst.catholic.org.au>

**Diocese Facebook Page:** Catholic Diocese of Sandhurst



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# GET OUR SEAL OF APPROVAL THIS EASTER AND BEYOND!



Treat yourself with responsibly sourced chocolate this Easter, supporting brands committed to eliminating slavery from their supply chain.

## Learn the truth

A significant portion of chocolate available in Australia is produced using cocoa beans harvested by child labourers, many of whom endure enslavement and exploitative working conditions.

Indulge responsibly, select ethically sourced chocolate, and support companies working towards eliminating slavery from their supply chain this Easter.

### Here is how:

1. Join the one billion people who read the Be Slavery Free Chocolate Scorecard (<https://www.chocolatescorecard.com/>) last year to discover their chocolate's true origins and evaluate their favourite brands' ethical practices.
2. Seek out the Fairtrade and Rainforest Alliance certifications on chocolate packaging.

Note these certification seals mean the certified ingredient was produced using methods that support social, economic, and environmental sustainability.



Take action and  
make a difference today!

Alleluia, alleluia!

I am the light of the world, says the Lord;  
the man who follows me  
will have the light of life.  
Alleluia!

## GOSPEL

Mt 5:13-16

A reading from the holy Gospel according to Matthew.

*You are the light of the world.*

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

## ■ The Gospel of the Lord.



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# Breaking Open the Word

## SALT AND LIGHT

Today's Gospel continues with Matthew's teaching in the 'Sermon on the Mount'. After identifying the disciples' blessedness in all kinds of situations with which the Gospel audience would be familiar, Matthew now highlights two images with which they can identify: salt and light. 'You are the salt of the earth' (5:13) and 'You are the light of the world' (5:14).

In Matthew's world salt was an important commodity and valuable trading product. It was used in cooking and for preserving foods (meat and fish) before refrigeration. Salt was shipped across the Mediterranean Sea and then carted into all of Rome's provinces along specially built salt roads. Salt's need was universal and, in times of scarcity, so precious that it became a means of bartering and currency substitute, hence the modern term 'salary'. But there is one quality of salt scarcely known. In a world of outdoor ovens with little or no wood to fire them, salt was mixed with dung to produce the chemical reaction that created the necessary heat required for baking bread.

In Jesus' reminder to the disciples that they are the 'salt of the earth', he is speaking more than about them being agents of preservation. Their presence in the Greco-Roman world meant at times that they will find themselves in disagreeable situations. These times requires fidelity or 'saltiness'. Their capacity to engage their world will also make them the 'light of the world'. The richness of these two metaphors, salt and light, finds their realisation with us, Jesus' contemporary disciples.

Fr Michael Trainor



FIFTH SUNDAY IN ORDINARY TIME / A

8 FEBRUARY 2026

## FIRST READING

Isa 58:7-10

A reading from the prophet Isaiah

*Your light will shine like the dawn.*

Thus says the Lord:

Share your bread with the hungry,  
and shelter the homeless poor;

clothe the man you see to be naked  
and turn not from your own kin.  
Then your light will shine like the dawn  
and your wound be quickly healed over.

Your integrity will go before you  
and the glory of the Lord behind you.  
Cry, and the Lord will answer;  
call, and he will say, 'I am here.'

If you do away with the yoke,  
the clenched fist, the wicked word,  
if you give your bread to the hungry,  
and relief to the oppressed,  
your light will rise in the darkness,  
and your shadows become like noon.

## ■ The word of the Lord.

## RESPONSORIAL PSALM

Ps 111:4-9. R. v. 4

**R.** A light rises in the darkness for the upright. (or Alleluia!)

1. He is light in the darkness for the upright: / he is generous, merciful and just. / The good man takes pity and lends, / he conducts his affairs with honour. **R.**
2. The just man will never waver: / he will be remembered for ever. / He has no fear of evil news; / with a firm heart he trusts in the Lord. **R.**
3. With a steadfast heart he will not fear; / open-handed, he gives to the poor; / his justice stands firm for ever. / His head will be raised in glory. **R.**



## SECOND READING

1 Cor 2:1-5

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

*I came to you to proclaim Christ crucified.*

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

## ■ The word of the Lord.