CATHOLIC ARCHDIOCESE OF CANBERRA AND GOULBURN

CANBERRA INNER NORTH CATHOLIC COMMUNITY

PASTORED BY THE CONGREGATION OF THE BLESSED SACRAMENT (SSS)

FIFTH SUNDAY IN ORDINARY TIME
YEAR A | 7-8 FEBRUARY 2026

YOU ARE THE SALT OF THE EARTH AND LIGHT OF THE WORLD

BY DON SCHWAGER
www.dailyscripture.net

Jesus used ordinary images, such as salt and light, to convey extraordinary truths that transform our minds, hearts, and lives. What does salt and light have to teach us about God and the transforming power of his kingdom? Salt was a valuable commodity in the ancient world. People traded with it, like we trade with valuable goods, such as gold and stock. Salt also served a very useful purpose, especially in warmer climates before the invention of electricity and refrigeration. Salt not only gave rich flavor to food, it also preserved food from going bad and being spoiled.

The salt of God's kingdom for all
Jesus used the image of salt to describe the transforming effect of God's work in our lives - and how the Holy Spirit wants to work through us to bring the power and blessing of God's kingdom to others. As salt purifies, preserves, and produces rich flavor for our daily food, we, too, as disciples of Jesus, are "salt" for the world of human society. The Lord wants to work in and through us to purify, preserve, and spread the rich flavor of God's kingdom everywhere - his "kingdom of righteousness, peace, and joy in the Holy Spirit" (Rm 14:17).

Light that shines for all to see
Jesus used the image of light and a lamp to further his illustration of God's transforming work in and through us. Lamps in the ancient world served a vital function, much like they do today. They enable people to see and work in the dark and to avoid stumbling. The Jews also understood "light" as symbol or expression of the inner beauty, truth, and goodness of God. *In his light we see light* (Ps 36:9). *His word is a lamp that guides our steps* (Ps 119:105). God's grace not only illumines the darkness in our lives, but it also fills us with spiritual light, joy, and peace.

Jesus used the image of a lamp to describe how his disciples are to live in the light of his truth and love. Just as natural light illumines the darkness and enables one to see visually, so the light of Christ shines in the hearts of believers and enables us to see the heavenly reality of God's kingdom. Our mission is to be *light-bearers* of Jesus Christ so that others may see the truth of the gospel and be freed from the blindness of sin and deception.

There is great freedom and joy for those who live in the light of God's truth and goodness. Do you know the joy and freedom of living in God's light?

CHURCHES

St Patrick, Braddon

SUN	8:00 am	Mass
TUE-FRI	12:10 pm	Rosary
FRI	12:30 pm	Mass
	11:30 am - 12:30 pm	Adoration & Confession

St Brigid, Dickson

SUN	9:30 am	Mass
	5:00 pm	Vietnamese Mass (1st and 3rd Sundays)
TUE-SAT	8:40 am	Rosary
	9:00 am	Mass
WED	8:00 am - 11:00 am	Adoration
	5:00 pm - 8:00 pm	Adoration
SAT	9:30 am - 10:00 am	Adoration & Confession
	5:30 pm -	Confession
	6:00 pm	Vigil Mass

Healing Service takes place after the Mass on the 3rd Sunday of the month.

St Joseph, O'Connor

SUN	8:30 am	Mass
TUE-FRI	8:15 am - 9:10 am	Adoration (Confession during Adoration every Friday.)
	9:15 am	Mass
SAT	8:15 am	Novena to Our Lady of the Perpetual Help
	8:30 am	Mass
	5:15 pm - 5:45 pm	Confession
	6:00 pm	Vigil Mass

Anointing of the Sick is within the Mass at 8:30 am every 1st Saturday of the month.

Recitation of the Rosary takes place after the 9:15 a.m. Mass, Tuesday to Friday.

St Thomas More, Campbell

SUN	10:00 am	Mass
FRI	11:00 am - 11:45 am	Adoration
	11:45 am	Mass

Confession is every Friday, 11:00 am to 11:40 am.

Anointing of the Sick takes place every 1st Sunday of the month at 11:15 am.

Holy Rosary | Blackfriars, Watson

SUN	9:30 am	Rosary
	10:00 am	Mass
	5:00 pm	Mass
TUE-FRI	5:30 pm	Mass
SAT	4:00 pm - 4:30 pm	Confession
	5:00 pm	Vigil Mass
FRI	6:00 pm - 7:00 pm	Adoration

Sunday Readings

Entrance Antiphon
Cf. Ps 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
Isaiah 58:7-10

Thus says the Lord: Share your bread with the hungry, and shelter the homeless poor, clothe the man you see to be naked and do not turn from your own kin. Then will your light 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.

Responsorial Psalm
Psalm 111(112):4-9

℟: A light rises in the darkness for the upright.

He is a 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. (℟)

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.(℟)

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.(℟)

Second Reading
1 Corinthians 2:1-5

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.

Gospel Acclamation
John 8:12

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
Matthew 5:13-16

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.'

Communion Antiphon
Cf. Ps 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.

We welcome them to our community...

CANDIDATES FOR BAPTISM
Lorenzo Honeybone and Hudson Thomas

We include in our prayers...

OUR RECENTLY DECEASED
Clare Palm, Damian Smith, Fr Francis Fuchs PP, Jim Smith, John Walton, Joseph Lucero, Lorena Gallagher, Patricia Aileen Sloan, Phillip Collett, Reubin Maraon, Rosa Mangeruca, Rosalinda Salazar and Shelagh Williamson

IN LOVING MEMORY
Alice McDonald, Aniceto Castro Agulto, Bill More, Domenica Maria, Domenico Musolino, Domingo Apolinar, Florina Cabardo, Hazel Petry, Heather Pook, Jack (John Joseph) O'Brien, John Collett, Pasquale Laria, Romeo Cabardo, Silvio Rossi, Terry Bird and Tony Boyle

SPECIAL INTENTIONS
Brian Brown, Fr Michael Mullen, Genevieve C., Maggie McKeown, Paul Thorpe and Sally Grant

Prayer intentions will remain in the bulletin for four weeks.

What's on

From the Office

- **The Canberra Bach Ensemble.** *Christe, du Lamm Gottes* (Christ, Lamb of God). Choir, orchestra, and soloists, directed by Andrew Koll. Come and enjoy four Bach Cantatas BWV 22, 23, 127 & 233 on Saturday, 14 February at 7:30 pm, and Sunday, 15 February at 2:00 pm at St Christopher's Cathedral, Franklin Street, Manuka. For more info and to purchase tickets, please visit www.canberrabachensemble.com
- **Palms from Last Year.** Parishioners are invited to bring in last year's palms to be burnt to make this year's ashes. For further information, contact the office.

Central Canberra, Braddon & Dickson

- **World Day Prayer for the Sick - Wednesday, 11 February.** All Masses and prayers at St Brigid's, St Patrick's and Holy Rosary would be for that intention. You may write down the names of those you wish to be prayed for, including yourself. At the end of Mass, people can ask for a blessing with holy oil.
- **Ash Wednesday at St Brigid's.** Reconciliation 8:00 am - 9:00 am and then Mass follows at 9:00 am & Reconciliation 5:30 pm - 6:15 pm and then Mass follows at 6:30 pm
- **Ash Wednesday at St Patrick's.** Reconciliation 11:00 am - 12:15 pm and then Mass follows at 12:30 pm.
- **Unfolding the Mystery of the Bible.** Everyone is warmly invited every Thursday evening at 6:45 pm to attend the special presentation of a DVD series that explores the richness of the Bible. Please contact Najib Raya on 0439 581 204 for further details.
- **Craft Group.** All are invited every 1st and 3rd Wednesdays of the month in St. Brigid's Hall from 1:00 pm onwards. For queries, please contact Trish Moore at 0412 324 644.
- **Adoration.** Every Wednesday from 8:00 am to 11:00 am, then 5:00 pm to 8:00 pm.

St Joseph, O'Connor

- **World Day Prayer for the Sick - Wednesday, 11 February.** Mass and prayers for that intention - 9:15 am
- **Ash Wednesday Masses.** 9:15 am and 6:30 pm
- **Saturday Vigil Mass Readers/Acolytes/Collectors.** Please talk to Fr Thonn after Mass if you would like to join the February-April roster to read, serve or take up the collection at the vigil Mass on Saturdays.
- **Legion of Mary Adoration.** Everyone is invited to adoration every 1st Friday of the month from 5:00 pm to 10:00 pm in the Parish Centre.
- **Children's Liturgy.** All children are welcome. It will begin again on Sunday, 8 February 2026, during the 8:30 am Mass. Those under five years old should be accompanied by a parent or grandparent.
- **Parish Outreach Summary 2025.** A digital version of the summary can be accessed here: https://tinyurl.com/St-Josephs-Parish-Outreach
- **Palms from Last Year.** Please bring in last year's palms to be burnt to make this year's ashes. They may be left in the basket at the front entrance.
- **Easter Timetable 2026.** A digital version of the Easter Timetable for 2026 can be accessed here: https://tinyurl.com/St-Josephs-Easter-2026 *(Please refer to the notes highlighted in blue.)*
- **Choral Vespers.** On Sunday, 15 February, 4:00 pm, everyone is invited to join! Start your evening with a peaceful hour of beautiful sacred music, featuring psalm, hymns, and motets, followed by Benediction. Afternoon tea will be served in the hall afterwards. New voices are always welcome! Rehearsals are held every Tuesday at 7:30 pm in the Church. For more information, please scan the QR code.

St Thomas More, Campbell

- **World Day Prayer for the Sick - Wednesday, 11 February.** Mass and prayers for that intention - 11:45 am
- **Ash Wednesday Mass.** 11:45 am
- **Altar Cloth and Linens - Volunteers.** Inviting anyone to join in caring for our altar cloth and sacred linens. If you're able to help, please speak to Monica Phelan or email her at monphelan@bigpond.com. Your support helps keep our parish thriving!

Blackfriars, Watson

- **Ash Wednesday Masses.** Watson Church - 10:00 am and 6:00 pm | ACU - 12:00 pm | Merici College - 8:00 am
- **Rosary Volunteers.** Those who want to lead in the recitation of the Rosary 30 minutes before Mass, please approach Fr Renoir. Your assistance is greatly appreciated.
- **Song, Silence, Scripture & Prayer in the style of Taizé.** Everyone is invited to this service every 1st Sunday of the month (except on Easter Sunday - next service will be on 1 March) at Holy Cross Anglican/St Margaret's Uniting, Hackett. https://tinyurl.com/Watson-Taize-2026
- **Ecumenical Lenten Study Groups 2026.** You are invited to take a Lenten journey of self-discovery and growth in one of three study groups organised by the Holy Roundabout Churches (Holy Rosary Catholic Church - Monday, 7:00 pm, beginning 23 February, Holy Cross Anglican Church - Tuesday, 6:30 pm, beginning 24 February and St Margaret's Uniting Church - Thursday, 2:00 pm, beginning 19 February). All welcome. https://tinyurl.com/Lenten-Study-Groups-2026

Acknowledgement of Country

The Canberra Inner North Catholic Community (CINCC) acknowledges the Ngunnawal people, the Traditional Owners who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander peoples to this country and commit ourselves to the ongoing journey of Reconciliation.

Your Monetary Contributions count a lot...

First Collection
(Supporting all the priests of the Archdiocese)
A/C Name: ***Central Presbytery Fund***, BSB: 062-786 and Bank Account: 00029248
Reference: Your parish location, name and intention (e.g., Campbell Smith 1st collect)

Second Collection
(Maintenance/upkeep of the Churches, staff salaries, liturgical needs, insurance, etc.)

~ **Central Canberra, Dickson & Braddon:** A/C Name ***Canberra Central Parish***
BSB: 062-786, A/C: 00013150, Ref: Name & Giving Number

~ **St Joseph, O'Connor:** A/C Name: ***St Joseph's Parish***
BSB: 062-786, A/C: 00012798, Ref: Name & Giving Number

~ **St Thomas More, Campbell:** A/C Name: ***St Thomas More Parish***
BSB: 062-786 A/C: 00014869, Ref: Name & Giving Number

~ **Blackfriars, Watson:** A/C Name: ***Blackfriars Parish Watson***
BSB: 062-786, A/C:00013341, Ref: Name & Giving Number

By discerning your vocation, you can discover what God is calling you to do with your life and how you can best use your gifts and talents to serve Him and others.

If you are interested in learning more about discerning your vocation, please visit the Archdiocesan Vocations website:

www.cgcatholic.org.au/vocations

Parish Safeguarding Commitment

The Canberra Inner North Catholic Community (CINCC) is committed to safeguarding and upholding the dignity and rights of our children and vulnerable people. We seek to empower children, their families and carers, and vulnerable people, to have a say, to be listened to, and to be protected. This approach is at the center of all of our thinking and action.

Parish Safeguarding Officers:
Central Canberra, Dickson & Braddon: Barbara & Catherine | CanberraCentral.Safeguarding@cg.org.au
St Joseph, O'Connor: Noel | OConnor.Safeguarding@cg.org.au
St Thomas More, Campbell: Margie | Campbell.Safeguarding@cg.org.au
Blackfriars, Watson: Nicole | Watson.Safeguarding@cg.org.au

While the abovementioned email addresses are not available currently, please send any concerns or enquiries to: Maria Hicks, Manager Institute of Professional Standards & Safeguarding (IPSS), at ipss@cg.org.au or 02 6239 9806.

Connect with us...

Moderator: Fr Renoir Jr. Z. Oliver, SSS
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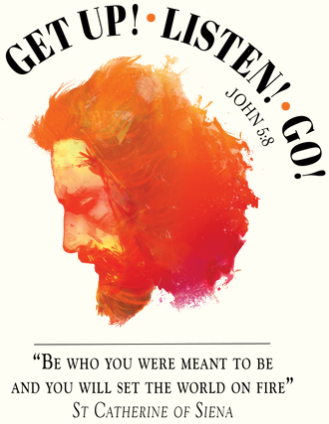
Parish Secretaries:
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