



THE SAVING WORD

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.



The Parish of St Joseph's, Elsternwick & Holy Cross, Caulfield South
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PARISH PRIEST: Rev Fr Leenus Neetany SAC

Permanent Deacon: Rev John Lam
Parish Coordinator: Joanna Lam

ST JOSEPH'S, ELSTERNWICK

71 Orrong Road, Elsternwick 3185

Mass

Friday 10:00am, Saturday 6:30pm and Sunday 10:30am

Reconciliation

Friday after Mass, Saturday 6:00pm

HOLY CROSS, CAULFIELD SOUTH

707 Glen Huntly Road, Caulfield South 3162

Mass

Thursday 10:00am and Sunday 9:00am

Reconciliation

Thursday after Mass

ST ANTHONY'S, GLEN HUNTLY

74, Grange Road, Glen Huntly 3163

In Residence: Fr Pat Jackson SAC, Br Lindsay Rust SAC

Mass

Monday - Saturday 9:15am

Saturday 6:00pm

Sunday 9:00am, 11:00am, 5:00pm

Reconciliation

30-mins before all Masses & Saturday 9:45-10:10am

Thanksgiving & Special Collections

Church: \$937.05 Presbytery: \$982.05

Special Collection: \$541.45 (Fr Pat's 90th)

Next Week's Roster

Lectors:

Saturday 6:30pm R Rodrigues

Sunday 9:00am D Duffy 10:30am M Dinh

Counters: B Leong & E Ambrose

Upcoming Week's Liturgical Calendar

Tue 10 Feb: St Scholastica

Sat 14 Feb: Sts Cyril and Methodius

Sun 15 Feb: 6th Sunday in Ordinary Time

Thanksgiving



Old Palm Leaves

The Palm leaves and other leaves which were used on last year's Palm Sunday, could be brought back to church for preparing the ashes for Ash Wednesday. You may leave them in the basket provided in the church.

Ash Wednesday 18 February

St Anthony's Church:

9:15am Mass and 6:40pm Novena followed by 7pm Mass.

St Joseph's Church: 10:00am Mass

Holy Cross Church: 7:00pm Mass

Stations of the Cross in Lent after Mass

Holy Cross on Thursdays after 10:00am Mass.

St Joseph's on Fridays after 10:00am Mass.

St Anthony's on Fridays after 9:15am & 7:00pm Masses.



ENTRANCE ANTIPHON (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.

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.

PLEASE PRAY FOR

Those who are ill*: -

**Names are published for a month, unless further requested.*

Recently Deceased: Sophie Heuberger (Wednesday, 11th February, 11:00am Rosary, 11:30am Funeral Mass)

Death Anniversary: -

Fr Pat's 90th Birthday

Our Parishes thank the Organising Committee, volunteers, attendees, family, friends, well-wishers, and everyone who put their hearts and souls into making Fr Pat's 90th Birthday celebration a memorable and joyful one!

A Word of Thank You from Fr Pat

What a wonderful surprise when I saw so many at the celebration of my 90th Birthday.

The honour shown in the lavish meal; the speeches, the welcome to my family, and all of us getting together in joy. I can't stop thanking God for being part of such warmly welcoming, dedicated and prayerful parish communities. Thank you. May God bless and keep you all.

Fr Pat.



The Combined Societies of Mary welcomes everyone to a beautiful celebration in honour of **Our Lady of Lourdes** on Sunday 8th February 2026 at Holy Cross Church, 707 Glen Huntly Road, Caulfield South.

1:30pm Adoration, Prayers, Benediction, followed by Healing Mass and Priestly blessing with Lourdes Water.

Procession with first Class Relic of St Bernadette.

For further info: Joy Hunt 95092207
www.combinedsocietiesofmary.com

Trivia Lunch - 11th February 2026

Join us at the Holy Cross Parish Hall every 2nd Wednesday of the month at 12-noon. Bring your own lunch and enjoy the Trivia session and a catchup. All are welcome.

Youth Leaders Training

Saturday, 14th February 2026.

An opportunity for youth leaders and those accompanying young people to be equipped, encouraged, and supported in their ministry.

Cardinal Knox Centre, East Melbourne, 9am-3pm

Registration: youth.MelbourneCatholic.org/events/



Lenten Scripture Reflection

Starting on Monday 23 February, and every Monday thereafter, during Lent from 7-8pm at St Anthony's Church. All welcome!

Lourdes Day Mass for the Sick & Infirm



The Order of Malta invites you to the annual **Lourdes Day Mass** — an opportunity to pray for the sick and infirm, particularly those who are not able to visit Lourdes.

Mass at St Patrick's Cathedral at 10:30am on Saturday 14 February 2026. Archbishop Peter A Comensoli will be the principal celebrant.

More info: melbournecatholic.org/events/lourdes-day-mass-2

Morning Retreat with Mary

Led by Fr Peter Ferwerda at St Anthony's, Glen Huntly on Monday 23 February.
Holy Mass at 9:15am. Confession, Cenacle Rosary, Reflection and Eucharistic Adoration followed by refreshments (tea and coffee).
For more information, email or ring the Parish Office. All welcome!



Lenten Eucharistic Adoration Challenge

31 days of Eucharistic Adoration by visiting any Church where there is Blessed Sacrament Exposition or an Adoration Chapel. The Challenge starts on Ash Wednesday, 18th February and ends on Friday, 20th March 2026.

Suggested locations:

- 1. Perpetual Adoration Chapel at St Joseph's, Elsternwick.
- 2. St Francis Church, Melbourne CBD.

"Introduction to Visits" on 17th Feb via Zoom. For more info, email angelica.barrios.au@gmail.com or the Parish Office.

Perpetual Adoration Chapel

The Adoration Chapel was built in 2018 to commemorate the Centenary Celebration of St Joseph's Church. The Chapel can be accessed 24/7 with a security tag. Contact the Parish Office to apply. A refundable deposit of \$100 will be required upon application.



Christmas Dinner 2026 - A Short Report (Excerpt)

Thank you to everyone who helped in so many ways to ensure that St Anthony's Christmas Dinner was a great success.
To all those who prayed, worked beforehand, donated goods, money, delivered meals and to those who worked so hard on the day and the clean up day - thank you all. We would never have been able to get it all together without you all doing your part to allow everyone to enjoy themselves so much.
64 meals home delivered to those who could not come; 287 takeaway meals for people to enjoy at home; 160 meals to people who sat down and enjoyed themselves in the hall; 59 meals to people helping on Christmas day. The grand total? 570 meals were served and enjoyed.
The hall had a wonderful feeling of friendship and joy as people sat down to eat. The drivers said the people who had meals taken to them were thrilled, and those taking their meals home to share with their families were delighted with their parcels. The comment most heard was how everyone was so kind and caring.
During the afternoon an unexpected guest arrived with two small children. They had no food and were told to come to our hall. Through the grace of God and the generosity of this parish we were able to supply meals and food for the journey. There were many smiles and a few tears.
It was wonderful to see how you allowed God to lead you, and you gave His love to all. I am sure the Good Lord was there with a big smile on His face. We thank God and everyone who helped create the Christmas spirit at St Anthony's.
With love to you all for your help in caring for others, may God bless each one of you during the coming year.
Gwen and all the Team.

5th Sunday in Ordinary Time

Salt of the Earth and Light of the World

Dear brothers and sisters in Jesus,

In today's Gospel, Jesus says to his disciples, "You are the light of the world" (Matthew 5:14). But elsewhere in John 8:12, Jesus says of himself, "I am the light of the world." Who then is the light of the world, Jesus or his followers? This is clarified by in John 9:5 where Jesus says "As long as I am in the world, I am the light of the world." That means that when Jesus is no longer physically present, we as his followers are called to take on the role of being the light of the world.

In fact, we are given the role of being the salt of the earth, as well. In ancient times, salt was the ultimate seasoning that gave taste to food. Without salt, food would be tasteless. Jesus is saying that as salt (or as sugar) is to food, so are Christians to the world. Christians are in the world to make it a tastier and sweeter place. But how? In Mark 9:50 Jesus says, "Have salt in yourselves, and be at peace with one another".

Both salt and light operate by associating with the thing that they want to change. Salt cannot improve the food unless it goes into the food and changes it from within. Light cannot show the way unless it encounters the darkness. Sometimes Christians think that the way to go is to keep away from getting involved with society and popular culture. But by shying away from the realities of our society and our world, we might indeed be hiding our lamp under the bushel basket. To make a difference, we must get up and get involved.

Today's gospel is frightening. It says, in effect, that if there is so much darkness and bitterness in the world today, it is because we as Christians have failed in our job to be salt and light in the world. But we can decide to make a difference starting from today. We can decide to light a candle rather than curse the darkness. Even the smallest candle helps in a world of darkness.

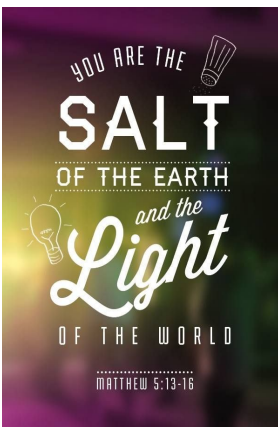
(Adapted from an unknown source)

Q: How do we know Peter was a successful man?

A: By his net income.

Did you hear about the person who died while opening a window?

So did everyone else in the submarine.



Let us keep in our thoughts and prayers, our RCIA Candidates and Catechumens as they proceed to the Rite of Election at the Cathedral on Sunday, 22nd February 2026.

Let's Go Bowling

All welcome to come along on Sunday 22nd February. Leave from St Anthony's Church about 1:30pm or meet at the venue. More details next week.
As we will need to book some lanes, and perhaps provide transport, please sign on the clipboard in the church foyer to indicate attendance by 11th February.

Project Compassion

Project Compassion Boxes are now available in the church foyers. Please take one as well as for anyone who is unable to come to church.



Tony's Café (Parish Hall, 164 Neerim Rd)

Take away meals only.

Tuesdays: 12:30 - 1:30pm. Thursdays: 3:00 - 5:30pm.

GOSPEL ACCLAMATION

Jn 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

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