



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 Matthew 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.

Praise to you Lord Jesus Christ.

Reflection by Dianne Bergant CSA

We live in a world where appearances frequently matter more than they should. Contrary to this predominating tendency, Jesus teaches us that what we do flows from who and what we are. We can enlighten the world with the message of the gospel, because our lives have been transformed by that gospel and now we ourselves are light for others. We can serve others in various ways, only because we have been saved by God's grace and now we are agents of that grace in the lives of others. Our own renewal becomes the means through which God renews the world.

This may sound grandiose, but it isn't. It is the truth about the way God works. Extraordinary things are accomplished through ordinary people. Jesus grew up as the son of a carpenter; some of the apostles were fishermen; Paul was a tentmaker; we are clerks and teachers, bus drivers and doctors, bank tellers and engineers. Like Paul we come to ministry in weakness and fear and much trembling. It is the Spirit and power of God that work the wonders, and God works them through mundane elements of life such as light and salt.

As children, many of us learned the corporal and the spiritual works of mercy. We learned that we can practise them in every walk of life. Today's readings remind us of this. We may not be asked to perform extraordinary feats, but all disciples of Jesus are called upon to do the ordinary things of life in an extraordinary way.

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ST MARTIN DE PORRES

**Catholic Parish
Avondale Heights**

Today's Celebration is on pages:

Old Missal: 270 New Missal: 379



5th Sunday in Ordinary Time, Year A

8 February 2026

First Reading Isaiah 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 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.

The word of the Lord.

Thanks be to God.

Responsorial Psalm

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

(R.) A light rises in the darkness for the upright.

1. 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.(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 Corinthians 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.

Thanks be to God.

St Martin de Porres Parish

158 Military Rd, Avondale Heights Vic 3034

🌐 www.melbocatholic.org/avondaleheights

Parish Priest: Fr. Paul Tru

Secretaries: Lee Tran: Wednesday - Friday
Charles Meneze: Tuesday

Office Hours: Closed Monday

10am - 3pm Tuesday - Friday

Pastoral Assoc: Sr. Cres Villas, asjm
Sr. Connie Mamo, asjm (Vol)

Phone: 9337 6016

E-mail: avondaleheights@cam.org.au

Weekend Masses

Saturday Vigil 6:00pm

Sunday 8:00am & 9:30am

Vietnamese 11:00am

Weekday Masses

Tuesday to Friday 9:15am

Benediction Wednesday after Mass

Reconciliation Wednesday 10.00am
Saturday 5:30pm

St Martin de Porres School

Principal: Stefanie Harvey

Secretaries: Mary Carmuciano
Maria Aloe

Phone: 9331 9000

E-mail: principal@smavondaleheights.catholic.edu.au

🌐 www.smavondaleheights.catholic.edu.au

The Augustinian Sisters

Convent: 2 Venice Court,
Avondale Heights

Phone: 9337 4595

E-mail: sisaugustinian@gmail.com

Website: www.asimoz.org

Safeguarding is Everyone's Responsibility.

The Parish of St Martin de Porres and the Archdiocese of Melbourne are committed to the care, wellbeing and protection of children, young people and vulnerable people in our community. Child protection and the dignity of every person is the responsibility of everyone.

IN OUR PRAYERS

Sick:

Teresa Demaio; Nazzi Demaio; Charles.

Recently Deceased:

Pasqualina De Filippis; Juanita Curran (Ireland); Salvina Falcone (Switzerland); Francesco Pachi; Martin Tabone; Anna Ho Thi Kim Hiep; Filippa Barbante; Domenica Addesi; Caterina Leone; Vito Leggio (Italy).

Anniversaries & Remembrances:

Gabrielle Di Martino; Vito Arbaci; Nayara Ramos Gonzaga; Angelo Rafaelle Carella; Victor Degabriele; Nevanka Gallic; Adam Hood Dominic Cumbo; Bernarda & Francis Grima; Teresa, Emmanuel, Tonina, Phillip Sammut; Emmanuel & Nazarena Farrugia; Rita & Carmelo De Bono; Joseph Consiglia.

Parish Support Programme:

Pledge: \$2,588 Received: \$2,189

Shortfall: \$399 Loose: \$1,094

Presbytery: \$1,820

Contributing to the Collections

You may wish to use the QR code if you have left your cash at home. Thank you for your generosity.



Devotion to Divine Mercy

Mondays: 2.30pm Rosary
3pm Divine Mercy Chaplet

followed by Stations of the Cross, 4pm finish.



Christian Meditation 2026

Maranatha ... Come Lord Jesus

All welcome: Monday 10 - 11am
Parent's Room in the Church

Term 1: Feb 16; Mar 2, 16 & 30.

St Martin's Prep Enrolments 2027



Applications Now Open

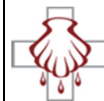
Please apply at the School Office or phone 9331 9000.

Melbourne Archdiocese Vacancies

Applications are invited from suitably qualified and experienced people for various positions in the Archdiocese.

Further details can be found at:

<https://melbournecatholic.org/job-vacancies>



CELEBRATION THIS WEEKEND

Baptisms:

This Saturday the 7th of February we congratulate and pray for the following children who were baptised this morning:
Sienna Hardwick; Charlie Hardwick;
Harvey Tobin; Sage Woolley; Michael Martyr.

Upcoming Events

ASH Wednesday - 18 February - English

Mass with school 9.15am

Mass 6.30pm

Lunar New Year - Vietnamese Masses

Monday 16 February Lunar NY Eve 8pm

Tuesday 17 February Lunar NY Day 8pm

Wednesday 18 February 8pm

- Remembrance of our Ancestors

Thursday 19 February 8pm

- Giving thanks for our Career/Vocation

Friday 20 February 8pm

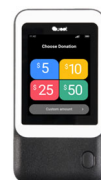
Ash Wednesday for those who
Celebrated Lunar New Year



Time To Re-Establish Our Parish Ministries /Groups

Altar Servers, Baptism Preparation Teams, Mass Laptop Operators, Sacristy Teams, etc. Appropriate training will be arranged. Please contact the Parish Office if you would like to discover your hidden God given talents and share them for God's greater glory.

Contributing to the Collections



Through the Archdiocese, we've introduced a simple DONATION TAP machine (like EFTPOS).

It's an easy method to donate to the parish if you forgot your cash and has a limit of \$99.

Please see one of our friendly volunteers with the machine in the back of the church if you wish to tap your card/phone to donate.

Our Lady of Lourdes

11th February

Blessed be the holy and Immaculate Conception of the Blessed Virgin Mary, Mother of God. Our Lady of Lourdes, pray for us. Most Holy Mother, have mercy on us. Our Lady of Lourdes, heal us for the greater glory of the Most Holy Trinity, and your Son, Our Lord Jesus Christ. Our Lady of Lourdes, heal the sick, convert sinners. Mary, Health of the sick, Help of the suffering, pray for us. Mary, conceived without sin, pray for us who have recourse in thee.



Amen

Australian Youth Festival

Jhonathan and Madeline, who attended the Australian Youth Festival, will be attending Saturday's 6pm Vigil Mass to share their experience and to thank the parish for your donations. Please encourage them.



St Vincent de Paul Society
good works

Do you need a helping hand? St Vincent de Paul Society volunteers are committed to providing people with access to the resources and support they need to overcome personal hardship. If you require assistance, please phone our Welfare Assistance Line on free call 1800 305 330 Monday to Friday (except for public holidays). This service is free and confidential.

NEW PARISHIONERS

We welcome you and ask that you make yourself known to us by completing the New Parishioners Form in Documents and Forms under Recommended Links on our website and return it to the Parish Office. Thank you.