



Sacred Heart Parish (Canonically Erected 1868) Roman Catholic Diocese of Armidale

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Principal: Mrs Jillian Rainger

5TH SUNDAY IN ORDINARY TIME / WORLD MISSION SUNDAY - YEAR A - 8 FEBRUARY 2026

“Each of us has a mission ... each of us is called to change the world, to work for a culture of life, a culture forged by love and respect for the dignity of each human person.” - Pope Benedict XVI

Entrance Antiphon: 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

A reading from the prophet Isaiah

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: 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

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.

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

A reading from the holy Gospel according to Matthew

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.

Communion Antiphon: 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.

Scripture readings from the Jerusalem Bible



Prayer for World Mission Sunday 2026

Loving God, today we thank You for calling us to share Your love with the world. We remember all the missionaries who travel to unfamiliar and distant lands to tell others about Jesus. Bless them with strength, courage, and joy in their work. Help us to be missionaries too - by showing kindness, speaking truth, and helping those in need. Bring Your Church together as one family, so we can share Your peace and love with everyone. We ask this through Jesus Christ our Lord. Amen.

PARISH OFFICE HOURS THIS WEEK

Mon, 9 Feb & Fri, 13 Feb - 8am to 1pm

Tues, 10 Feb - 8am to 12pm

MASS INTENTIONS FOR THE WEEK

We pray for: David Russell; Repose of all those whose death anniversary occurs at this time, especially Ruth Michael & Laurel King; Repose of all souls in Purgatory.

the Recently Deceased: Rachel Shortt.

the sick: Jennifer Wheeler, Christina O'Brien, Chris Perceval, Julie Daley, Christopher Pay, Lara Bentley, Elizabeth Albany, Fr David Crabb, Rebecca Lane, Brian Barker, and all the sick members of our parish. **Please contact the Parish Office to add or remove names to/from the Sick List.**

Visits to the Homebound and the Sick: Please contact Fr Juvi on 02 6722 1103.

LITURGY THIS WEEK

Mon: No Mass — Church open 8am to 1pm

Tues: No Mass or Holy Hour—Church open 8am to 12 Noon

Wed: World Day of Prayer for the Sick: 5pm Rosary, 5.30pm Holy Mass with anointing

Thurs: 11.30am Rosary, 12 Noon Holy Mass, 12.30pm Holy Hour

Fri: 9.15am Holy Mass at HTS (all welcome), 11.00am Memorial Service for Leon de Brabander at SH

Sat: 3.30pm Holy Mass — Tingha
5.30pm Rosary, 6pm Holy Mass

Sun: 8.30am Rosary, 9am Holy Mass

PLANNED GIVING PROGRAM FOR THE SUPPORT OF THE CLERGY AND THE PARISH

1st Collection: Presbytery (for support of priest)

BSB 082105 Account No. 001023550

Account Name: Sacred Heart Presbytery Inverell Savings Ac.

2nd Collection: Church upkeep, maintenance, expenses

BSB 082105 Account No. 001013072

Account Name: Sacred Heart Parish Inverell

For those on the Planned Giving Program could you please quote your surname and envelope number for the reference.

PARISH NOTICES & EVENTS

UPCOMING PARISH EVENTS

Sunday Morning Tea: Sun 8 Feb 2026, after Mass

Liturgy Committee: Sat 21 Feb 2026, 9.00am

Finance Committee: Wed 25 Feb 2026, 4.00pm

Pastoral Council: Wed TBA 2026, 5.00pm

Altar Society Roster For February: Melissa Newham & Hugueth Rossel

Reflection: This Sunday's reflection may be read on the parish website (Resources>Parish News) or on the parish Facebook page on Sunday morning.

Detailed Weekday Liturgy Schedule (including Confession times): This can be found on the noticeboards in the church and on the parish website.

World Mission Sunday

The 2026 theme for World Mission Sunday is: "One in Christ, United in Mission." This theme carries deep significance as 2026 marks 100 years since the establishment of World Mission Sunday by Pope Pius XI. Pope Leo XIV highlights the importance of unity in Christ as the foundation of our missionary calling.

Special Collection - Missionary Religious Orders

This weekend we will have a special collection for the Missionary Religious Orders. Envelopes are provided. Please donate generously.

Morning Tea

Morning Tea will be held after the 9am Mass this Sunday. All are welcome. Please bring a plate of delicacies to share.

World Day of Prayer for the Sick, Feast Day of Our Lady of Lourdes - 11 February

Pope St John Paul II designated the Feast of Our Lady of Lourdes to be an annual day of prayer and consideration of the sick and of those who care for them. It is a day on which we reflect on the Christian meaning of illness, pain and suffering - whether we are healthy or not. People in the medical profession are invited through this day to recognise and value the spiritual dimension of their work.

Holy Mass will be celebrated at 5.30pm and there will be anointing of the sick.

Memorial Service for Leon (Leo) Bernard de Brabander

Leo, former Captain and long serving member of the NSW Rural Fire Service, passed away Thursday 22 January 2026. A memorial service will be held in the Church at 11am on Friday, 13 February 2026. Parishioners are welcome to attend.

ASH WEDNESDAY, 18 February

9.15am — Liturgy at Holy Trinity School (parishioners welcome)

12 Noon — Holy Mass

5.30pm — Holy Mass

Day of Ashes is a day of repentance. **Ash Wednesday and Good Friday are the only compulsory days of fasting and abstinence from meat.**

The law of **fasting** binds those who have completed their eighteenth year, until the beginning of their sixtieth year (the sick and women who are pregnant or breastfeeding are excused). Fasting is one meal a day, and two smaller meals which if added together would not exceed one full meal.

The law of **abstinence** binds all those who have completed their fourteenth year. Abstaining from eating meat is to be particularly observed. Meat is considered to be the flesh and organs of mammals and fowl.

Sunday Missal (Red Missal) for Sunday Mass:

* Proper of Mass, Pg 409

* Preface I-VIII of the Sundays in Ordinary Time, Pg 40-43

* Eucharistic Prayer No. 1, Pg 61 or No. 3 Pg 72

Weekday Missal (Blue Missal) for Weekday Masses: Year 2 Ordinary Time