

Entrance Antiphon: O come, let us worship God and bow low before the God who made us,
for he is the Lord our God.

Communion Antiphon: Let them thank the Lord for his mercy, his wonders for the children of men,
for he satisfies the thirsty soul,

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 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 **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**

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**

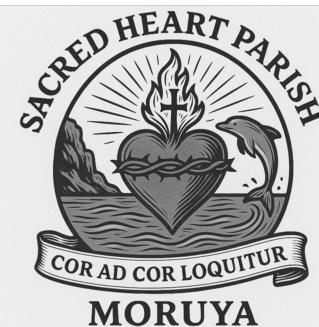
Alleluia, alleluia!
I am the light of the world, says the Lord;
the man who follows me
will have the light of life.
Alleluia!

Gospel **Matthew 5:13-16**

**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.'



**Sacred Heart Catholic Parish,
Moruya**

Parish Priest: Fr. Joshua Scott PP VF
Parish Secretary: Vickie Moore

PARISH OFFICE

36 Queen Street Moruya NSW 2537

Parish Office Hours: Wednesday and Friday—9.00 am - 2.00 pm

Phone: (02) 4474 0889

Email: moruya@cg.org.au

Website: www.cg.org.au/moruya



Year A

5th Sunday of Ordinary Time
8th February 2026

SALT OF THE EARTH, LIGHT OF THE WORLD

Dear Parishioners,

Within the Gospel this week we are given Jesus' simple yet powerful words:
"You are the salt of the earth... You are the light of the world." With these
images, Jesus speaks directly to our identity as his disciples and offers us a
message filled with hope and purpose.

Salt and light are ordinary things, easily overlooked, yet they make a profound
difference. Salt brings flavour and preserves what might otherwise be lost.
Light reveals, guides, and gives warmth. Jesus reminds us that faith is not
meant to be hidden or kept private. It is meant to shape the world quietly but
powerfully, beginning with the way we live each day.

This Gospel can be deeply encouraging. Jesus does not say we *should try* to
become salt and light; he says we *are*. Even when we feel small, uncertain, or
inadequate, God works through our ordinary acts of goodness. A kind word,
an honest effort, a forgiving heart, a willingness to serve—these simple
actions allow God's light to shine through us and bring hope to others.

In a world that can often feel divided or weary, the call to be salt and light is
more important than ever. It reminds us that our faith has a purpose beyond
ourselves. We are called not to seek attention or praise, but to live in a way
that quietly reflects God's love, so that others may glimpse something of
God's goodness through us.

This Sunday invites us to ask ourselves: where can I bring light? Whose life
might be lifted by encouragement, patience, or compassion? When we allow
our faith to shape our choices and actions, we help make God's presence
visible in our homes, workplaces, and communities.

May this Gospel renew our confidence and strengthen our hope. May we
trust that God is already at work through us, and may we continue to live as
salt and light—bringing flavour, warmth, and hope to the world around us.

With every blessing,

Fr. Josh

Sunday Mass

Sacred Heart, Moruya

36 Queen Street, Moruya

Sat. Vigil: 5.00pm

Sunday: 10.00am

'The Pines', Tuross Head

36 Craddock Rd, Tuross Head

Sunday: 8.00am

St. Edmund's, Bodalla

162 Princes Hwy, Bodalla

4th Sunday: 12 noon

Weekday Mass

Sacred Heart, Moruya

Tues, Wed, Thursday: 5.00pm

Friday: 9.15am

St Edmund's, Bodalla

2nd Friday: 9.00am

Syro-Malabar Rite Mass

Sacred Heart, Moruya

First Mondays: 6pm

Confessions

Sacred Heart, Moruya

Tues—Thursday: After Mass.

Saturday: 4.30pm - 4:50pm

Adoration

Sacred Heart, Moruya

Fridays: 9:45am

(After 9.15 Mass)

Rosary

Daily: After Mass

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NOTICES

PARISH SCHOOLS

**ST MARY'S PRIMARY,
MORUYA**
Johanna Wain
Principal
Ph: 02 4474 2817



**CARROLL COLLEGE,
BROULEE**
Andrew Kenneally
Principal
Ph: 02 4471 5600



PARISH GROUPS

**St Vincent de Paul
Conference**
37 Queen Street, Moruya
Phone: 02 6234 7404

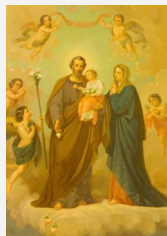
**Caring Group
Tuross Head**
Mob: 0497 315 534

Moruya
Please call the Parish Office

Weekly Liturgical Calendar

Mon 9th —Weekday 5th Week in OT.
Tues 10th— St. Scholastica
Wed 11th— Our Lady of Lourdes
Thurs 12th— Weekday 5th Week in OT
Fri 13th— Weekday 5th Week in OT.
Sat 14th — Sts. Cyril and Methodius
Sun 15th — 6th Sunday in O.T

**February
is dedicated
to the
Holy Family
(J.M.J.)**



ASH WEDNESDAY MASS TIMES:

9.15 AM—St. Mary's Primary School (Ash Wed. Liturgy)
AM—Carroll College (Ash Wed. Liturgy)
5 PM—Ash Wednesday Mass

PRAYERS FOR FATHER JOSH

Please continue praying for Father Josh as he recovers from his recent surgery.

We ask for your prayers for his healing, strength, and comfort during this time.



PALMS AND BROKEN DEVOTIONAL ITEMS

In preparation for Lent (Ash Wednesday is 18 February) please bring in last year's palms from Palm Sunday and any broken devotional items (e.g. - broken rosary beads etc.)

These will be burnt and the ashes used. There will be a basket in the foyer to place these items into.

They will be collected and burnt before Ash Wednesday.



REMINDER: CHANGE OF WEEKDAY MASS TIMES

From **Thursday, 5 February** weekday Mass times changed to the following:
Tuesday, Wednesday and Thursday: 5pm and
Friday: 9:15am
Confessions are available after the evening Masses.

PARISH OFFICER: NAROOMA/COBARGO PARISHES

Applications are invited for the position of Parish Officer at Star of the Sea, Narooma and Our Lady of Good Counsel, Cobargo.

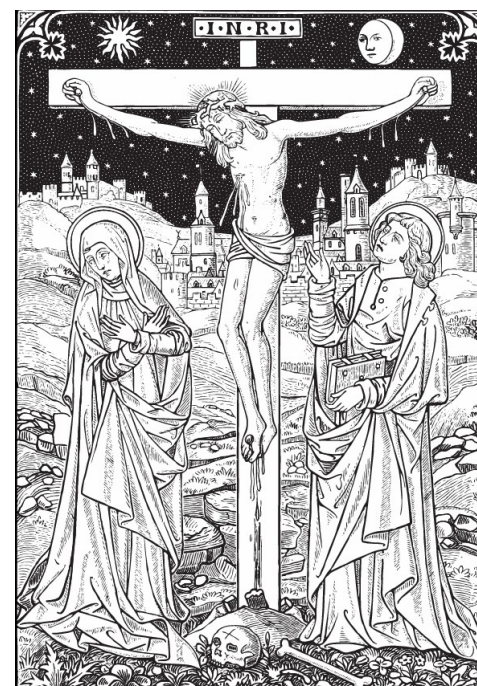
This is as permanent part-time position of 10 hours per week and will be based in the Narooma Parish Office. Employment conditions are subject to the Clerks Award. For a copy of the Duty Statement, please email Leanne Boyd, Parish Support Manager leanne.boyd@cg.org.au by cob Friday, 20 February.

Recently Deceased: Greg Thornton, Marlene Moore, Fr. Frank Fuchs, Ian Cheeseman, Barbara Kirk, Marykuty Joseph (Fr. Kos' mother), Geoffrey Scott, Murray Scott, Jean Calcutt.

Those who are sick and housebound: For those in Aged care facilities and in Moruya Hospital, for our sick and housebound parishioners, Fr. Josh, Fr. Michael Mullin, Gerry Ebbelaar, Bala Stankovich, Clare Broekhuysen, Jan Morris, Christopher Morris, Lee Maat, Kirk Dowling, Rosemary Patyus, Kay Morton, Sue and Rod McDonald, Han and Pauline de Grave, Hans Brosch, Father Giles Setter OFM, Mark Wales, Jenny Hopkins, Clair Holmes, Patricia Murphy, Paul and Margaret Ryan, Rita and Doug Marion, Viola Collaran, Sylvia Heffernan, Rae and Peter Fishlock, Michael Irwin, Fr Greg Beath, Deacon Paul and Jo Rummery, John Heffernan, Mark Chatto, Norma and Graham Beer.

NOTICES

TAKING UP A LENTEN PENANCE



Penance may feel unfamiliar or even uncomfortable in today's world, but it remains one of the most life-giving practices of our faith—especially during the season of Lent. Penance is not about punishment, harsh rules, or ticking off a checklist. At its heart, it is a **change of heart**, flowing from love for God and a desire to grow closer to Him. It is our way of responding to His immense love, recognising how sin wounds our souls and our relationship with Him.

Through penance, we can repair that damage and open ourselves to the healing grace of Christ. Small, intentional sacrifices—fasting from a meal or social media, rising early for prayer, offering greater patience, or embracing daily frustrations with trust—become acts of love that renew the heart. They allow us to step more fully into God's life, deepening our prayer, our relationships, and our joy.

This Lent invites us to do something different: to choose a penance that challenges us, stretches us, and brings us closer to Jesus. It is not about deprivation but about **freedom, growth, and hope**. Embrace this season with courage—let it transform your heart and bring you into a deeper, more joyful communion with God.

GIVING AND RECEIVING

Direct Debit and Tap N Go are available. Thank you for your generosity. If possible, consider donating to the 1st and 2nd collections via direct debit.

1ST COLLECTION – Supports Arch. Clergy

Direct Debit (include "Sacred Heart Parish"):

BSB: 062-786 | **Account:** 000029248 | **Reference:** Sacred Heart Parish, Moruya & Surname

2ND COLLECTION – Supports the Parish

Direct Debit / Bank Deposit:

BSB: 062-786 | **Account:** 000014984 | **Reference:** Planned Giving # & Surname (current givers) or "Donation" (new givers)

MORUYA ROSTERS

| Mass | Readers | | Ministers of Holy Communion | | Counters | |
|------------------|-------------------------|--------------------------|-----------------------------|--------------------|----------------------------|------------------------|
| | 7th/8th February | 14th/15th February | 7th/8th February | 14th/15th February | 9th February | 16 February |
| SAT 5pm | D. McCann C. Palise | P. Pollock D. Moore | F. Levi | T. Cahill | T. Monaghan L. O'Connor | R. Parnell C. Gandy |
| SUN 10.am | B. Gillett R. Patyus | P. Pollock J. Gillett | J. Gillett | J. Morris | | |

Parish Safeguarding Commitment: At Sacred Heart Parish, we're deeply committed to creating a safe, respectful, and caring environment for all children and vulnerable people. We believe everyone deserves to be heard, valued, and protected—and we work together with families to make sure their voices are always part of the conversation.

Communicating Concerns: Parishioners are encouraged to raise any concerns by contacting Father Josh or the Parish Office. For matters specifically related to safeguarding, please reach out to our Parish Safeguarding Officers—Pauline Parnell, Louise Strahlendorf, or Peter Hoban—via email at moruya.safeguarding@cg.org.au. Additionally, you may contact Maria Hicks, Manager of the Archdiocesan Institute for Professional Standards and Safeguarding (IPSS), at ipss@cg.org.au or by phone on 02 6239 9806.