



330 Swan Street  
North Albury  
NSW 2640  
02 6025 1516  
[www.sacredheartnorthalbury.com](http://www.sacredheartnorthalbury.com)

*Sacred Heart Parish, North Albury, pays respect to the Wiradjuri people, the traditional custodians of the land on which we gather to celebrate our faith and worship God. We acknowledge with respect elders past, present and emerging.*

## *Fifth Sunday in Ordinary Time 7th / 8th February 2026*

*Sacred Heart Parish is a Child Safe Community. We promote the safety, wellbeing and inclusion of all and a zero tolerance to child abuse.*

### **Parish Clergy:**

**Fr Martin Cruickshank**—Parish Priest

**Parish Office 9am-2pm**

**Gemma Whitehead** Monday & Wednesday

**Frances Kernaghan** Friday

**Phone:** 02 6025 1516

**Email:** [sacredheartna@gmail.com](mailto:sacredheartna@gmail.com)

**Web:** <http://sacredheartnorthalbury.com>

**Bank A/c Details for Parishioners** wishing to Direct Deposit into our **Church A/c** (2nd Collect)

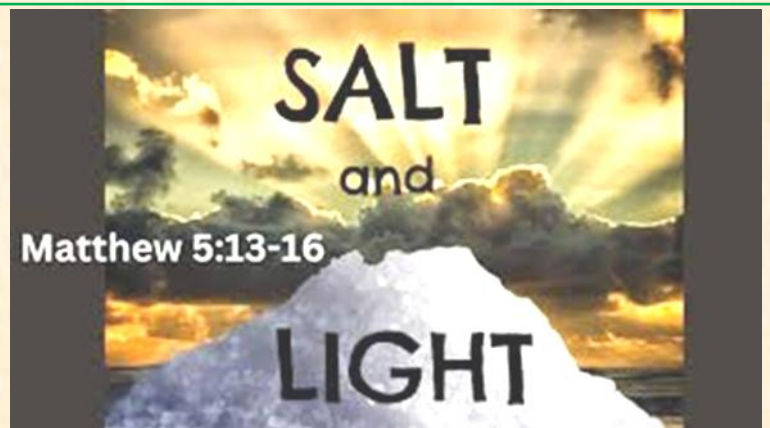
**BSB:** 066 789; **A/c No:** 10000 5574;

**Ref No:** Name # Please contact Office for a number

**Presbytery A/c** **BSB:** 066 789; **A/c No:** 10000 5575

**Safeguarding Children & Vulnerable People:**

<https://wagga.catholic.org.au/safeguarding-children-vulnerable-people/>



**Today's readings encourage us to be bold in our actions.** When we share and welcome those in need, and protect that which builds loving community, we bring God's light into dark places, lifting the gloom of isolation (**First Reading**).

The **Psalmist** says that those who imitate God's light will be remembered and honoured forever.

For St Paul, knowledge of Christ crucified was everything – it was the light for his way, and revealed how the power of the Spirit was at work in the world (**Second Reading**).

The **Gospel** reminds us that, in service of the Kingdom, our good works cannot and should not be hidden. By our acts of loving service, we live as salt; by our faithful trust in God's love, we live as light. And all so that God might be glorified.

*Let's pray that our coming week might be full of good works, and that through them, God's glory might be revealed.*

### **Mass Times**

**SATURDAY VIGIL:** 6.00 pm

**SUNDAY:** 9.30 am

**Live-streaming on Sunday 9.30 am Mass by accessing our website**

**WEEKDAY MASSES:** This Week:

**Wednesday & Friday 9.30am**

**RECONCILIATION:** SATURDAY: 5.15 PM-5.45 PM

**BAPTISMS:** By appointment.

### **CHILDRENS LITURGY:**

Children's liturgy is offered in Sacred Heart parish community each second and fourth Sunday at 9.30am mass during school terms.

### **BIBLE STUDY GROUP:**

Our parish bible study group will be participating in the Lenten group held each week leading up to Easter. We will begin again after Easter where we meet every second and fourth Wednesday of the month at 7.00pm in the parish hall.

# Parish Community



*We pray for those who have gone before us  
marked with the sign of faith especially:*

**RECENTLY DECEASED:** Peter Baker, Michael Hoare, Margaret Gawen, Anne Maginnity, Peter Hickey, June Toole, Marie Neville, Matthew Borg.

**ANNIVERSARIES:** Scott Hayward, Wilma Friedlieb, Richard Noel Hickey, Matthew Griffiths, Alice Frauenfelder, Kath Dowling, Alma Whitehead, Alan Gray, Sadie Berkley, Michael Bourke, Ada Duncan, Dorrie Hore, Brendan, Dodd, George Dalahunty, Sr Patricia Marcella, Les Bright, Josie Favell, Les Bingham, Arthur Campbell, Shirley Pantling, Herbert O'Callaghan, Alice Butler, Birute Valys, Edith Ryan, John Gogoll, Bill Gibbs.

*Gather our loved ones into your arms. Quiet our doubt and anger  
and send us your healing grace. Through Christ our Lord.*



*This weekend we welcome into the  
community of the Christian church  
through the sacrament of Baptism:*

**Mila Grace Garth**

*Daughter of Bryton and Kellie*

## ROSTERS

**Sat / Sun: 7th / 8th February**

Ministry	Vigil	9.30am
<b>Commentator</b>	Michael Byrnes	Cathy Nyhan
<b>Lector 1</b>	Colleen Day	Kaye Deanshaw
<b>Lector 2</b>	Paula Waters	Jan Skinner
<b>Eucharistic Ministers</b>	Patricia Hopkins Pauline Mulquiney	Sue Betts Trish Parkinson Belinda Shelton
<b>Cantor Musicians</b>	John van Lint/Brian Waters Judy Foley	Heath Neville Ashleigh Donaldson
<b>Counters:</b> Diane & Greg Bartsch		

**Sat / Sun: 14th / 15th February**

Ministry	Vigil	9.30am
<b>Commentator</b>	Nicole Morton	Margy Brown
<b>Lector 1</b>	Kaye Deanshaw	Sue McLaurin
<b>Lector 2</b>	Xavier Clancy	John Dowling
<b>Eucharistic Ministers</b>	Catherine Cutler Anna Farrell	Cathy Nyhan Moirra Porta Eamonn Buckley
<b>Cantor Musicians</b>	Judy Lindsay Judy Foley	Bernadette, Helen and Wendy
<b>Counters:</b> Richard & Trish Parkinson		

### Thought for the week Pope Leo XIV

"How many times have we extinguished our light out of fear, shame, or laziness! But Jesus doesn't call us to be isolated sparks, but constellations that illuminate the night of the world".

### A Prayer to Be Salt and Light

Heavenly Father, You have called us to be the salt of the earth and the light of the world.

Help us to live in a way that preserves truth, adds grace and brings out the beauty of Your goodness in a world that hungers for hope.

Let our lives shine with the light of Christ, not for our own glory, but so others may see Your love in us and glorify You in heaven.

Keep us from hiding our faith or dimming our light.

Give us courage to be visible in kindness, bold in justice, and humble in service.

May our words bring healing.

May our actions bring peace.

May our presence reflect Your presence, so that in all we do, Your name is honoured.

In Jesus' name we pray,  
Amen.



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# Parish News

## TO PONDER:

For Paul, belief in Christ means belief in a God who chose to become human and vulnerable. Through our own vulnerability, we are drawn closer together, bound more intimately to God, and we become truly strong. This is a strength that comes from a deep understanding of our inherent “weakness” and a dependence on God’s strength. This is the same strength the psalmist describes in the one who “shall never be moved” and whose heart is “firm” and “steadfast.” Society can pressure us to be strong and independent, but this self-oriented “strength” is fake, an illusion.

This week, explore the relationship between weakness and humility, power and strength. Can you relate to Paul’s experience of strength that comes through weakness?

Jesus uses common, essential objects (salt, light and lamps) to illustrate the path of discipleship. Salt and light are most effective when they do not draw attention to themselves. Salt should flavor but not overpower a meal and light should illuminate for the sake of its surroundings. Similarly, to be a disciple is to focus not on ourselves but on Christ crucified. Our actions are not about self-glory but about the glory of God. Light and salt are so common that they may be easy to take for granted, but they are also impossible to miss, like a city on a hill.

This metaphor of salt and light symbolizes the work of communal care described in Isaiah and today’s psalm. This essential, often understated work is the path of true discipleship, and it promises true transformation—in ourselves and our communities.

## Men’s Breakfast

The ecumenical Men’s Breakfast will be held Saturday 14th February at 8.00am in St Peter’s Lutheran Church Hall, Urana Road, Lavington. All welcome.

## Eucharistic Ministers, Lectors/Commentators Roster

Thanks to those who have indicated their willingness to carry out these important liturgical ministries on a roster basis from February—May 2026.

Hard copies of the roster are available for collection at the Swan Street entrance or through accessing your email.

## Parish Pastoral Council

Thanks to those who were able to join us in person or by zoom on Thursday for the meeting of the Parish Pastoral Council.

Our next meeting will take place on Thursday 5 March at 6.00pm in the parish hall.

## The Season of Lent 2026

The Season of Lent begins with our commemoration of Ash Wednesday on 18 February. Mass will be at the usual time of 9.30am in the Sacred Heart Church, which includes the distribution of the blessed ashes.

To assist with our Lenten pilgrimage the parish has once again purchased copies of the booklet produced by the Brisbane Archdiocese, this year titled ‘The Journey Home’. It can be used for personal prayer or group reflection. Free copies will be available at the usual places in church for collection from next weekend.

There are also a number of free online resources available which include **The Catholic Guy, Bruce Downes** -

Lent is a time when we can grow closer to God and prepare our hearts for the true meaning of Easter. Be inspired. Be refreshed. Be renewed!

For 40 days you will receive short, practical and inspiring video in your inbox every morning to help you make this Lenten journey more powerful and prayerful. This program is FREE and you can sign up here: <https://brucedownes.org/lent-2026-sign-up/> For more info go to: [BruceDownes.org](https://BruceDownes.org)

From Jesuit & Ignation Spirituality in Australia you can also subscribe free to:

<https://book.venue.life/pch/register/lent-2026-i-am-light/terms/442> Register to receive two and a half minute daily video prayers with specially curated images and music.

**Also from Loyola Press** ‘Living Lent Daily’ which provides a framework for a Lent that will lead to a deeper relationship with Christ. Go to: <https://www.loyolapress.com/catholic-resources/liturgical-year/lent/living-lent-daily/>

If you have access to other helpful free Lenten prayer resources please let us know by email so that we can share this treasure with all in our parish community.

## CHILDREN’S LITURGY

Children’s Liturgy is offered in our parish community on the 2nd and 4th Sunday of the month within our celebration of 9.30am Eucharist during School Terms.

This provides an opportunity for primary school age children and pre schoolers to reflect on the gospel message and strengthen their relationship with Jesus through activities suited to their age level.

We continue to seek parents and parishioners who are willing to support Genn Hamam and Louise Fifield in their catechist role. If you are able to help out in any way please contact Genn Hamam [genwhelton@hotmail.com](mailto:genwhelton@hotmail.com) or the parish office by email.

The parish also provides children’s activity sheets based on each weekend’s gospel for younger and older children. These are located along with containers of coloured pencils on the shelves at the entry to the church.



# Liturgy of the Word

## A reading from the prophet Isaiah 58:7-10

Thus says the Lord:

Share your bread with the hungry and shelter the homeless poor, clothe the person 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.

## Responsorial Psalm 111:4-9

(When the Psalm is sung, the words will vary slightly but the meaning remains the same. )

**Response: 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. **R**

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**

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**

## A reading from the first letter of St Paul to the Corinthians 2:1-5

When I came to you, brothers and sisters, 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:

**Alleluia, alleluia!**

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

**Alleluia!**

## A reading from the holy Gospel according to 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 people. 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 all. So that, seeing your good works, they may give praise to your Father in heaven.'

The Gospel of the Lord.