

St. Monica's Parish

North Parramatta



"Our mission is to build up an active parish community with the Eucharist as the centre, foster deeper prayer and spirituality and reach out as a witnessing community"

5TH SUNDAY IN ORDINARY TIME — YEAR A 8TH FEBRUARY 2026

ENTRANCE ANTIPHON

O come, let us worship God and bow low before the God who made us, for his is the Lord our God.

FIRST READING

Is 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. *The word of the Lord*

RESPONSORIAL PSALM

Ps 111

Response: 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 Cor 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

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 St 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 your face shine on your servant. Save me in your merciful love. O Lord, let me never be put to shame, for I call on you.

St. Monica's Catholic Parish
Cnr Church Street and North Rocks Road, North Parramatta

Sunday Masses:	English: Saturday Vigil - 5pm; Sunday - 9am, 6pm Cantonese: Sunday 11.30am
Weekday Masses:	English: Tuesday-Friday - 9.15am
Exposition:	Every Friday following 9.15am Mass until 10.45am
Reconciliation:	Friday 10-10.30am, Saturday 4-4.30pm, 3rd Sunday of the month 10:15-11am, or on request
Marriages:	Please contact the Parish Priest at least 12 months prior
Baptisms:	Please contact the Parish Office for appointment with the Parish Priest. Phone: 9630-1951
Anointing of the Sick/Eucharist at home	Please contact the Parish Office or Fr Ephraim Lam Phone: 9630-1951
Parish priest/Chinese Chaplain:	Fr. Ephraim Lam Phone: 9630 -1951 Email: shingmanlam@gmail.com
Assistant Parish priest	Fr. Ambrose Owusu-Ansah Phone: 9630 -1951
Postal Address:	8 Daking Street, North Parramatta, 2151 Website: https://stmonicanp.org.au
Office hours:	Tuesday-Friday 8.30am-2.30pm Phone:9630-1951 Sunday 9am-11am Email: stmonicanp@bigpond.com

St. Monica's School

School Principal: Fiona Bylsma Phone: 8832 4100 Email: stmonicasnparra@parra.catholic.edu.au

COMMENTARY

Salty and Radiant

You are the salt of the earth, you are the light of the cosmos. 'You' is in the plural. So these descriptions are meant to apply to us as a Christian community.

Salt in the ancient world was a preservative for food. So, we are the ones who are to preserve the earth, to prevent its deterioration, to keep it life-giving.

Salt has to penetrate food to have an effect. We have to penetrate the world with our Sermon on the Mount values. Staying self-contained as a perfect little band of Christians is about as useful as salt remaining in the saltshaker. In Our Lord's scary opinion we would quite rightly be trampled underfoot.

How are we light for the cosmos? By 'good works'? No, a truer translation is by 'beautiful works'. These are those things we do which have grace, elegance and proportion and are therefore pleasing to observe: beautifully-good-works.

We could pause for a moment to pray that we remain salty and tangy, doing good beautifully and elegantly.

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Prayer to Saint Michael the Archangel

St. Michael the Archangel, defend us in battle; be our defence against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O prince of the heavenly host, by the power of God, thrust into hell Satan and all the other evil spirits who prowl about the world seeking the ruin of souls. Amen.

We had an **urgent renovation work done** at the Parish Hall during the holiday. Thus we need to raise around \$30,000 to cover the cost. Please kindly donate using the envelopes (cash or credit cards) or the tapping machine at the St. Joseph statue in the church. Thank you.



Holy Spirit Mission 2026

*By Catholic Charismatic Renewal of
Parramatta Diocese*

Date: 21st February 2026 (Saturday)

Time: 12pm –5pm

Venue: Our Lady Queen of Peace Church
(School Camilleri Hall)
198 Old Prospect Road,
Greystanes, NSW 2145

Please use the QR code for registration and details.

2026 Liturgies in Lent

ASH Wednesday Masses (Fasting & Abstinence)

Date: 18 February 2026

Time: 9:15am (English),
7:30pm (English + Chinese)

Stations of the Cross (Confession available)

All Fridays from 20 February to 27 March 2026, 7:30pm

PARISH ACTIVITES



Silent Adoration of the Blessed Sacrament
Every Friday following 9.15am Mass until 10.45am. All are welcome.



St Monica's Parish Rosary Group
Every Wednesday from 10.00am to 12.00pm in the Parish Centre. Enquiries: Lynette Iwachiw 0423 696 961



Christian Meditation Every Thursday, at the Parish Centre.
6pm-6:25pm Gentle Exercises,
6:30pm-7:30pm Christian Meditation.
Participation via zoom is available. Enquiries: Patricia Brown, email: pabrown02@bigpond.com



Catholic Women's League St Monica's Branch
Resume on 16 Feb 2026, then every third Monday of the month at 10.30 am in the Parish Centre.
Enquiries : Julie Skulander on 0411 988 361



St Monica's Piety Stall (open alternate weeks)
Stall is open on Saturday 4.40 - 6.15 pm
Sunday 8.40 - 10.15 am
Contact : Julie Skulander on 0411 988 361



St Monica's Art Group Every Saturday 6pm-8pm at the Parish Centre. New workshops are available each week. Please contact Vera (WhatsApp 0402936947) for details.



Bible Supper Every FIRST & THIRD Thursday of the month, 8pm-9pm, via Zoom.
Fr. Ephraim will introduce every book from the Bible. All are welcome. To get the Zoom Link please scan the QR code on the left or send an email to Fr Ephraim.



St. Vincent de Paul Society
Please come to their monthly meeting on the last Wednesday of the month, 7pm, at the Parish Centre, or contact Jacob Payra 0431 881 697

The Hancock family would like to thank for our congregation's prayers for Peter. He has been discharged from the hospital and is recovering at home. He and his family also encourage us to pray for the medical and nursing staff who have been looking after the people in need.

Scripture: Matthew 5: 13-16

Observation:
In this week's gospel, we continue with Jesus continue his sermon on the mount. Continuing on from last week on the beatitudes, he calls us the salt of the earth and to be a light to the world. Here, Jesus lays it out clearly that salt that has lost its saltiness has no purpose, the same as when we lose faith and trust in God, we also lose sight of our purpose here on earth, which is to love as God loves us. Jesus also called us the light of the world, meaning we are to live out our faith and let our lives be a witness to Him. We should not be living our faith in secret but rather proudly show it through our good works.

Application:
Often times as humans, we have moments of weakness and fail to live out our faith. Jesus warns us of this and reminds us how important it is as our whole purpose on earth is to bring glory to the Father through love. Therefore, we must not let our love for others and love for God become lukewarm (salt losing its saltiness). Practically, there are many ways we can keep our faith strong. We should be attending mass every Sunday and on all days of obligations, attend youth group if you are in that age range to learn more about God, giving up our time to serve in church and to serve others, donating to charities, but most of all loving those around you. When you do all of these with prayer, you are spending time with God and thus growing your relationship with Him. As we head into the Lenten season, we also observe fasting and abstinence which displays self-control as well as inviting God into your life through some form of hunger and desire. These all reflects the fruits of the holy spirits, which ultimately show the world God's glory. This is how we become the light of the world.

Prayer:
Heavenly Father, praise be to you and your glory. We give thanks for showing us the perfect example of your love in Jesus, so that we may aim to emulate his love. We know we are not capable alone, please give us the strength, wisdom and kindness to live our lives as you intended and that we may be able to show ourselves as the salt and light of the world. In the name of the father, son and holy spirit, Amen!

14 th / 15 th February ROSTERS			
	5pm Vigil	9am	6pm
Readers	C. Kandalaft S. Meleca	C. Cheung J. Jacob	T. Jones E. Saleh
Extraordinary Ministers	M. Samson K. Handcock	P. Hourigan S. Joseph	TBA
Acolytes	P. Senjak	I. Goldthorpe	J. Hilton
Cleaning	Group – 2 Vera's Cleaning Crew (13 th February)		
Children's Liturgy	Michelle / Maria F		
Morning Tea	Regina & Beth		
Counting	Group 5		

A heartfelt thank you from the St Vincent de Paul Society
We sincerely thank our parishioners for their generous donations and gifts, which enabled us to provide the Christmas hampers and children's presents to around 30 families. We would also like to extend our gratitude to the Catholic Women's League and the Youth Group for their wonderful fundraising efforts for our Christmas Appeal. Thank you once again for your generosity and support.
Vinnies, St Monica's North Parramatta Conference

Youth Announcements

World Youth Day 2027 expressions of interest
World Youth Day 2027 will be held in Seoul, South Korea, from 3rd to 8th August 2027. For those who have been to ACYF (Australian Catholic Youth Festival), think that but on a world scale! As it is such a big event, we are taking expressions of interest NOW so we can start the preparation for this pilgrimage ASAP. If you are over 16 and is interested, please contact Cheryl Wong (0481 507 169).

St Monica's Youth Group
Youth Group will continue each week in the community room, starting at 10:30AM! If you're year 6 and up, come hang out for some games, make new friends and learn about God together! If you have any questions, please do not hesitate to contact one of our leaders Raphael Cheung (0420 947 121).

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