

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 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.



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# Breaking Open the Word



# THE SAVING WORD

FIFTH SUNDAY IN ORDINARY TIME / A

8 FEBRUARY 2026

## SALT AND LIGHT

Today's Gospel continues with Matthew's teaching in the 'Sermon on the Mount'. After identifying the disciples' blessedness in all kinds of situations with which the Gospel audience would be familiar, Matthew now highlights two images with which they can identify: salt and light. 'You are the salt of the earth' (5:13) and 'You are the light of the world' (5:14).

In Matthew's world salt was an important commodity and valuable trading product. It was used in cooking and for preserving foods (meat and fish) before refrigeration. Salt was shipped across the Mediterranean Sea and then carted into all of Rome's provinces along specially built salt roads. Salt's need was universal and, in times of scarcity, so precious that it became a means of bartering and currency substitute, hence the modern term 'salary'. But there is one quality of salt scarcely known. In a world of outdoor ovens with little or no wood to fire them, salt was mixed with dung to produce the chemical reaction that created the necessary heat required for baking bread.

In Jesus' reminder to the disciples that they are the 'salt of the earth', he is speaking more than about them being agents of preservation. Their presence in the Greco-Roman world meant at times that they will find themselves in disagreeable situations. These times requires fidelity or 'saltiness'. Their capacity to engage their world will also make them the 'light of the world'. The richness of these two metaphors, salt and light, finds their realisation with us, Jesus' contemporary disciples.

Fr Michael Trainor

## FIRST READING

Isa 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 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. v. 4

**R.** A light rises in the darkness for the upright. (or Alleluia!)

1. He is 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

*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.

08 February 2026  
5th Sunday - Year A

## WELCOME TO ST PATRICK'S CHURCH

Website: <https://stpatrickswesttamworthparish.org>  
Email: [westtamworthparish@armidale.catholic.org.au](mailto:westtamworthparish@armidale.catholic.org.au)



**Parish Priest** Fr Vic Ignacio M.S.  
**Office Admin** Sheryl Brown, Di Bolitho  
**Sacristan** Elaine Smyth  
**School Principals** Greg O'Toole & Maree Holland

**OFFICE HOURS:**  
**Mon & Fri: 9.30 am - 1.30pm**  
**Presbytery 67658211**  
**St Josephs School 67654079**

**WEEKEND MASSES** **Sat:** 5.30 pm **Sun:** 9 am & 5 pm

**WEEKDAY MASSES** **Mon:** 9am **Tues:** 9am (St Scholastica)  
**Wed:** 12 noon **Thurs:** 9am **Fri:** 12 noon

**CONFESSIONS**  
\* **Sat: 4.30-5.00pm**  
\* **Before weekly Mass**  
\* **By appointment**

**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, and the hungry he fills with good things.

**May God have mercy on all those asked to be remembered in prayer:**

**RECENTLY DECEASED:** Dean York, Daphne Sweeney, Laurie Brodbeck.

**ANNIVERSARIES:** Mary Sampson (2/1), John O'Brien (3/1), Pamela Davy [Barry] (06/1), Naomi Harrison (8/1), Lyn McIntyre (19/1), Rod Kelly (20/1), Lawrence Vella (23/1), Emanuel Checuti (29/1), Dalis O'Brien (12/2).

**DECEASED:** We pray for our loved ones now in God's care: Ron McGraine, Paul Karam, Trish Thornberry, William Grima, Paul Zammit, Hugh & Dalis O'Brien, Margaret Hudson, Barry Lane, Norma Simmonds, Vincent Pendergast, Phil Eather, John Galloway, Michael Markham.

**SICK:** Sienna Baker, May Press, John Betts, Norma O'Brien, Elaine Murray, Shane Davidson, Sr Cecilia Pistacchio, Judy Murphy, Monica Austin, Brian Rodway, Lisa Bond, John Ryan, Yvonne Tarrant, Bill Dennis, Barry McNamara, Jeanette Whale, Carmel Koppman, Barbara Brennan, Eileen Hudson, Rose Pace, Elizabeth Coroneos.

### LET YOUR LIGHT SHINE

We all have our special gifts, but sometimes we fail to recognise this.  
We may feel that we have little to offer others. That is never true.

As Jesus says: 'You are the salt of the earth!

You are the light of the world!'

Let us ask Jesus to help us recognize our unique gifts



### COMING EVENTS:

**08 Feb:** Morning tea after 9am Mass  
**12 Feb:** St Joseph's School Mass  
**15 Feb:** Morning tea after 9am Mass  
**17 Feb:** Shrove Tuesday  
**18 Feb:** Ash Wednesday  
**22 Feb:** St Joseph's Family Mass & Morning Tea

### COLLECTIONS: BSB: 082 105

**Account Name:** West Tamworth Catholic - 'Church' Or 'Presbytery'

**1st Collection:** Goes to Armidale Diocese Clergy: 001023642 (Presbytery Acc.) Armidale

**2nd Collection:** Goes to St. Patrick's Church: 001041198 (Church Acc.) Tamworth

## FIFTH SUNDAY IN ORDINARY TIME - YEAR A WELCOME TO ALL THOSE JOINING US AT ST PATRICKS.

**CHANGE TO SPECIAL MASSES:** As of February, there will be an Anointing Mass at 12 noon on the first Wednesday of every month and Exposition every Friday at 11am.

**PARISH VOLUNTEERING:** In the coming weeks, once the weather cools off, we will be reaching out for volunteers to participate in working bees around the church and grounds. We gladly welcome those skilled in cleaning, gardening, handy-man activities and other tasks that are identified as areas in need of some TLC. If you feel capable of safely assisting us around our parish, please join us in our endeavours to make our Parish shine. We gladly welcome newcomers and truly appreciate all those who already volunteer their time and talents and *'do as Jesus asks us to do'*.

**PARISH MORNING TEA & FELLOWSHIP:** Please come along to morning tea on Sunday mornings, after Mass. Just a cup of tea, a biscuit and a chat with fellow parishioners. And a wonderful opportunity to meet with Fr Vic to find out what is happening in our Parish and share ideas.

**PARISH SAFEGUARDING PROGRAM:** The Catholic Diocese of Armidale and its agencies are wholly committed to the safety, care and wellbeing of children and adults at risk in our community. Over the coming months we will commence updating and addressing our responsibilities regarding this important parish function by conducting some information sessions led by the Diocesan Safeguarding Team. Further information to come.

**CATHOLIC WEEKLY:** Some of the stories in this week's edition are:

- Coroner blasts government over modern slavery death
- Archbishop Fisher formalises Sydney's synod agenda
- Waverley parish installs St Daniamo cross, a labour of love
- Obituary: Fr Paul Glynn SM, missionary, author, peacemaker
- Feature: Women find a haven at The Farm
- Comment: A perverse push for an end to infant baptism

**LENTEN PROGRAM:** Thank you to those who wish to participate in this year's Lenten Program. Materials have now been ordered and details are being finalised. There is still room to join either the day or evening group.



### ROSTER FOR: 08/02/26

|                     |                           |                     |                       |
|---------------------|---------------------------|---------------------|-----------------------|
| <b>Vigil:</b>       | R: M. Holland, P. Bamford | <b>Gifts:</b>       | K. O'Brien, M. Asbury |
| <b>9am Sun:</b>     | R: S Brown, M Donaldson   | <b>Gifts:</b>       | G & U McKay           |
| <b>5pm Sun:</b>     | R: G O'Toole,             | <b>Gifts:</b>       | Volunteer             |
| <b>Counting:</b>    | M. Vella, A. Bowden       | <b>Altar Linen:</b> | J. Hutt               |
| <b>Fri Cleaning</b> | J. Hutt, J. Moran         |                     |                       |

### ROSTER FOR: 15/02/26

|                        |                        |                     |                  |
|------------------------|------------------------|---------------------|------------------|
| <b>Vigil:</b>          | R: C Ledwos, D Bolitho | <b>Gifts:</b>       | A & C Lyons      |
| <b>9am Sun:</b>        | R: J Ryan, G Clout     | <b>Gifts:</b>       | Michelle & Sally |
| <b>5.00pm Sun:</b>     | R C Lavell,            | <b>Gifts:</b>       | Volunteer        |
| <b>Counting Team :</b> | A. Bowden S. Brown     | <b>Altar Linen:</b> | M. Vella         |
| <b>Fri Cleaning</b>    | M. Vella, I. Ullman    |                     |                  |