

BODALLA MASS: Masses at Bodalla will recommence on Sunday, 26 February at 3pm. Masses will be held every 4th Sunday of each month.

IRT MORUYA AND BANKSIA, BROULEE MASSES: Masses will recommence at IRT Moruya on 9 February at 11am and every 2nd Thursday of the each month. Banksia masses will recommence on 16 February at 11am and every 3rd Thursday of each month.

ART FOR LEISURE: resumes Tuesday, 7 February 10am-12pm in the Kennedy Room.



MORUYA AND TUROSS CARING GROUPS UPDATE:

MORUYA CARING GROUP—MEETING WITH AN AGENDA

Fr Anthony will be joining us on Friday, 10 February, 11am in the Kennedy Meeting Room as we review

our past five years and discuss where to from here. The group is open to all and everyone interested in knowing more about the group and perhaps being involved in some way would be most welcome.

HOME RETREAT 'SACRED CONNECTIONS'

Sr Antonia Curtis OSB (The Abbey, Jamberoo) and Theresa Ardler are presenting this retreat on 'Aboriginal Spirituality and Benedictine Spirituality.' There are six conferences in this retreat plus a video recorded conversation between Theresa and Sr. Antonia at the end of the retreat. One conference each Sunday available for downloading, as well as suggestions for your prayer and reflection during the week. To be done at your own convenience.

TOPICS: 1. "The Value of Silence & Listening" 2. 'The value of Reverence' 3. 'The Value of Community' Both spiritualities given on each topic. Video available on 13th February. Cost:\$300.00.

This can be a Lenten preparation and if anyone would like to meet after each private session to share journeys please contact Pat Anderson. Pat can also email all the information about this retreat to you.

Contact Pat: 0401 344 336.

TUROSS HEAD CARING GROUP—MEETING WITH AN AGENDA

Thursday, 9 February, 10am at Club Tuross. Lots to talk about eg. our 10th Birthday in August; Easter Stall and advertising, Working With Children Approvals etc.

GALONG RETREAT: 20-23 MARCH 2023: The cost for this year's Eastern Deanery retreat is: shared room \$130 pp per night; single room \$150 pp per night. All meals, morning and afternoon teas are included. All rooms have ensuites. For more information and to make a booking please contact Fr Tran on 4476 2191

POSTAGE STAMPS WANTED: Parishioner Jan Morris has been collecting postage stamps for the **Sisters of St Joseph of the Sacred Heart Mary Mackillop** for many years. Last year \$42,500 was raised and the money was used to assist the poor in Peru. Jan has asked for donations of any postage stamps you may have to assist her in this wonderful cause. Jan can be contacted on: 0427 234 953

PASTORAL CARE GATHERING INVITATION: on **Tuesday, 14 February Patrick (Paddy) McGrath**, St Vincent de Paul, Director of Community Engagement & Spirituality will facilitate sessions on: **The Wounded Healer – in our Woundedness we become a Source of Life.** Registration: 9-15am for 9-30am start – 12noon, St Bernard's Church Meeting Room. Cost Free. BYO morning tea to share. **Bookings are essential by Tuesday, 7 February.** Please contact: Marie Weatherall 0405 028 057 or Carolyn Evenden 0400 021 119. **ALL ARE WELCOME**



SACRED HEART PARISH MORUYA



36 Queen Street (PO Box 23) Moruya NSW 2537

Phone: 4474 2024 Email: moruya@cg.org.au

Web: <http://cg.org.au/Moruya>

Priest: Fr Anthony Riosa, SSS

Secretary: Mrs Vickie Moore

Parish Office hours: Wed and Fri 9:00am—2:00pm

Mass Times:

Moruya: Sat: Vigil 6:00pm Sun: 10:00am

Tue: 5:30pm, Wed, Thu & Fri: 9:15am/1st Saturday of the month 9:15am

Tuross: Sun: 8am **Bodalla:** 3pm every 4th Sunday of the month

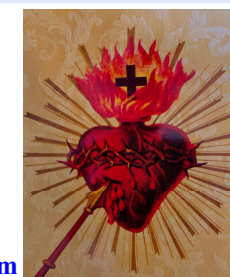
Reconciliation: Sat @ Moruya: 1st Saturday of the month 8:30am-9:00am and 5:15pm-5:45pm before Mass

Devotions: Daily Rosary and Saturdays 9:30am **Adoration:** 40 mins before weekday Mass

Schools: St Mary's Moruya: 4474 2817

Carroll College Broulee: 4471 5600

Caring Groups: Tuross Head: 0497 315 534 Moruya: 0431 354 993



5th Sunday in Ordinary Time

- YEAR A -

February 4 & 5 2023

WORD OF GOD SUNDAY

“You are the light of the World”

A Christian's task is to be the salt of society, preserving, reconciling, adding flavour and giving meaning

... Our mission to the world as salt and light ...

In our **first reading**, the prophet Isaiah gives examples of how we are to allow the light of God to shine through us. *“Share your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own. Then light shall rise for you in the darkness, and the gloom will become for you like midday”* (58:7-10). St Paul, in the **second reading**, tells us that our proclamation of faith will carry the Spirit and His power when we rely on the power and wisdom of God.

Using two simple metaphors of salt and light in **today's gospel**, Jesus outlines the role of Christian sin in this world. As a symbol of purity, salt was the common ingredient in sacrifices offered to God by Jews and pagans. In the ancient world it was the commonest of all preservatives, used to prevent putrefaction of meat, fish and fruits in pickles. Salt lends flavour to food items and was used to season and preserve food. A light is something which is meant to be seen. A lamp or light is a guide to make clear the way. A light serves also as a warning (eg, red traffic lights tell us to halt when there is danger ahead). Finally, light, particularly the sun's, gives warmth and heat.

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: Blessed are those who mourn, for they shall be consoled. Blessed are those who hunger and thirst for righteousness, for they shall have their fill.



Liturgy of the Word

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

All: Thanks be to God

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 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

All: Thanks be to God

Gospel Acclamation Jn 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 Mt 5:13-16

P: The Lord be with you

All: And with your spirit

P: A reading from the holy Gospel according to Matthew

All: Glory to you O Lord

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

All: Praise to you Lord Jesus Christ

Prayer after Communion: Lord, we thank you for coming into our hearts in Communion. We believe you are truly present in the Blessed Sacrament. You are our life and our hope. Draw us more deeply to yourself and transform our hearts through your abiding love. May we come to know Sunday as a special day of faith, the day of our Risen Lord. May our celebration of the Eucharist on Sunday consecrate this day to you. O Sacrament Most Holy, O Sacrament Divine, All Praise and All Thanksgiving be every moment thine.

THE WORD AND LIFE this week

1) We act as salt and light by sharing in Christ's ministry as priest, prophet and king. As priest, Christ offered a sacrifice of love to the father. What sacrifices of love do we offer to the Father? We can offer our married, single, or family life, work, outreach others, and even relaxation along with our prayers and suffering to God. We can offer them anytime, but the best time is at Mass, when we offer ourselves with Christ to the Father. As prophet, Christ proclaimed the Good News of salvation. Like his Son, God calls us to evangelise others (both fellow-Catholics and non-Catholics), by word and example, at home and at work. We bear witness most effectively when others see the difference Christ has made in our lives, shining through us as the light when can be seen, the light which warns, and the light which guides. Finally, as king, Christ became servant to all through his self-giving. Like Christ, God calls us to give of ourselves so the workplace and the home might become more humane. He calls us to serve in our parishes so they can grow and become more alive. He calls us to integrate our Christian faith into our daily lives so that our service may be His service to others. So we make a difference as Christians when we offer ourselves to God, when we proclaim the Good News in word and example, and when we serve others. God calls us to worship, to witness and to give.

2) We need to live our short lives as traces of salt and candles of light. It only takes a sprinkling of salt to transform a dull and tasteless piece of meat. Just a little salt transforms everything. Just a pinch of soul-salt will add flavor to the lives of hundreds, or even thousands. Just as salt acts as a preservative and adds flavor to food, so the exemplary lives of Christians lend flavor to life by helping people to live correctly and keeping society wholesome. Just a little light empties the world of darkness. With a little faith and love we can light up a big social area. Does that encourage us? It should. We may think we are insignificant, and in a way we are—but with a little bit of Christ, we become a veritable lighthouse, illuminating the way of many. This Christ-light removes the darkness caused by hatred, spite and jealousy. Our good deeds and actions reflect the image of Jesus, the light of the world. We can speak with kindness and respect—we can value ourselves and we can tell the truth and use our talents.

NOTICES FROM THE PARISH

PRAYERS FOR THE SICK: We continue to pray and extend our support to those at Banksia Village, IRT Moruya, the sick members of our Parish and those in need of our prayers: Kathleen Ebbelaar, Gerry Ebbelaar, Kylie Leplaw, Andy McCosker, Bala Stankovich, Paul Croese, Clare Broekhuyse, Pat Morris, Julie and John Kay, Lee Maat, Kirk Dowling, Rosemary Patyus, Kay Morton, Rod McDonald, Hans Brosch, Father Giles Setter OFM, Annette Moore, Annette and John Nader, John Harnett, Ross Hay, Bernard Carroll, Taine Woodford, Robyn Barkley, Mark Wales, Lyn Timms, Rick Christensen and Emma Spinks. PLEASE CONTACT THE OFFICE TO BE ADDED OR REMOVED FROM THE LIST

CONDOLENCES: Jaijing & Andy Greenwood thank everyone for their prayers and support during Jaijing's illness. Sadly Jaijing passed away earlier this week. Please keep them in your prayers.