

St Christopher's Cathedral Parish, Canberra

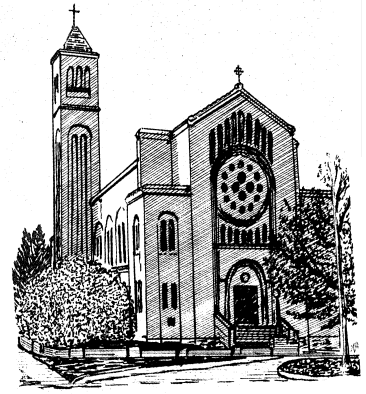
(including St Peter Chanel's Church, Yarralumla)

5th Sunday in
Ordinary Time

— Year A

8/9 Feb 2020

Archdiocese of Canberra & Goulburn
Archbishop: Most Rev Christopher Prowse DD STD
Vicar General: Fr Tony Percy VG
Administrator: Fr Trenton van Reesch
Assistant Priest: Fr Norvin Dias



Sunday Mass

St Christopher's

Cnr Canberra Ave & Furneaux
Street, Forrest (Manuka) ACT

Sunday: 8.00am,
11.00am (sung) & cuppa
5.30pm

St Peter Chanel's

Cnr Weston & Loch Streets,
Yarralumla ACT

Saturday: 6.00pm Vigil
Sunday: 9.30am

Weekday Mass

St Christopher's

Monday to Saturday: 12.15pm
Tuesday to Friday: 7.30am

St Peter Chanel's

Tuesday: 5.30pm
Thursday: 10.00am (9.30am
Adoration): Anointing Mass first
Thursday of the month.

Reconciliation

St Christopher's

Wednesday: 11.30am—12.00pm
Thursday: 6.00 - 6.30pm
Saturday: 11.00am - 12noon

St Peter Chanel's

Tuesday: 6.00 - 6.30pm
Saturday: 5.15 - 5.45pm

Adoration & Benediction

St Christopher's:

Tues-Friday weekly 5-6pm (except
1st Thurs).

Adoration: First Friday of the
month 12.45-2pm.

Holy Hour & Benediction for dis-
cernment of Priestly vocations: 1st
Thurs of the month 7-8pm

Vespers First Sundays, 6.30pm

Baptisms

St Christopher's: 2nd & 4th
Sundays, 12.30pm

St Peter Chanel's: 3rd
Sun, 10.30am

Weddings

St Christopher's: Saturday
1.30pm, 3.00pm and 4.30pm

St Peter Chanel's: By arrangement

PARISH OFFICE

55 Franklin Street, Forrest ACT 2603

(02) 6239 9846 (bh)

cathedral@cg.org.au / www.cg.org.au/cathedral

Online Payments Link: <https://www.bpoint.com.au/payments/sccp>

Parish Secretary: Michelle O'Connor—Mon-Fri, 8.30am-12.15pm, 12.45pm-4.30pm

Accounts Officer: Karina Widjaja—Wednesday

Dear Parishioners and Visitors to Saint Christopher's Cathedral Parish,
Jesus loved the use of metaphors – something which sometimes makes His message a little more difficult to decipher than desirable. On this, the fifth Sunday of Ordinary Time, in addressing his disciples, Jesus once again whispers through the ages: 'You are the salt of the earth, you are the light of the world'.

But why? Why speak in metaphors? Because Jesus desires us to go deeper, beyond the surface level. Jesus uses the metaphor of salt and light (Matt 5:13-14) to describe you and I, to describe the Church – relative to Her mission in the world. But why salt and why light? Consider the characteristics of both; neither, gives anything to itself. In fact, to the contrary, the very purpose of their existence is for something else! One to light, one to flavour and preserve. Salt does not exist for itself, nor does light illuminate itself. Rather, they benefit those who come into contact with them.

Even more striking however is what Jesus says next. "If salt loses its 'taste' (its saltiness) what use is it?" Science has shown that salt can't lose its taste! Its 'saltiness'. Sodium chloride... salt, is a chemical compound. Not a complex composition like wine, which can become bitter, nor an organic compound like meat or cheese or bread, which can spoil or rot. Salt is salt, pure and simple.

So did Jesus just get it wrong? Did He mistakenly use the wrong metaphor? What does He really mean when He says, "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..."? It almost sounds like a warning.

Jesus is referring to the salt losing its usefulness or purpose – and how does it lose its usefulness, its purpose? – when it remains unused! When it remains in the salt shaker!

We fail to live as the salt of the earth when we prefer to stay in the safety of the salt shaker – rather than claiming our faith in the world. Christ always challenges us, in order to change us. Some of what are often referred to as the 'harder sayings' of Jesus are exactly that, and sometimes we try our best to avoid or even water them down...

We are to be 'seasoning' for the world, and at the same time to serve as a preservative of all we have received (1 Cor 15:3), like salt to keep the world from 'going bad'... to preserve what is right and good and true. But when salt is kept to itself it becomes, ineffective and useless! We lose our "saltiness", our distinctive witness as Sons and Daughters of God, when we simply blend in with the world... when we look and sound and act as everybody else... "oh well, that's what everybody does these days!" If this is the attitude of the Christian –What good are we then?

"You are the light of the world." Light too is not threatened by darkness. There is no measure of darkness that can swallow up light. Darkness cannot quench light. In fact, the greater the darkness, the greater the power of a single source of light to show the way. "You are the light of the world," Jesus said. So do not fear the darkness. But rather – 'as ones sent out from Me, Christ – Go conquer it by the active witness of your love, a love that abides in and finds its source in Me.'

Jesus doesn't simply suggest: "You know what, you're like salt of the earth..." Rather He says, "you *are* the salt of the earth", referring to our identity. We already have what we need to make a difference in the world... by virtue of our baptism into the Body of Christ. Our very being is sacramental, a sign and instrument of God's love, grace and mercy as the Body of Christ. So let us allow Christ's light to shine, and to give hope, joy and brave witness to all whom we encounter in this coming week, and always.

Always know of your priests' prayers for you.

Fr Trenton

PARISH NEWS

PARISH MINISTRIES

Director of Music: Jaki Kane

RCIA—Fr Trenton van Reesch
Weekly on Thursdays, 6pm

School of Religion

Weekly Liturgical Calendar

Mon 9 Feb St Scholastica
Tue 10 Feb Our Lady of Lourdes
Wed 11 Feb 5th week in Ord. time
Thu 12 Feb 5th week in Ord. time
Fri 13 Feb 5th week in Ord. time
Sat 14 Feb Sts Cyril & Methodius
Sun 15 Feb 6th Sunday in Ord. time

Legion of Mary
Wednesday at 6.15pm
Haydon Hall

St Vincent de Paul
*Assisting people in need and
combatting social injustice in our
community*

Young Adults
*Animating parish and Archdiocesan
life through prayer and event
participation*
*Thursday 6.30pm Rosary/Bible
Sharing/Fellowship SCC*
Geetanjali Rogers - 0438 585 177

Good Shepherd Prayer Group
Wednesday at 7pm SPC
Parish Room (Feb-Dec)

Christian Meditation
Saturday at 5pm SPC
*"Be still and know that I am
God" (Psalm 46:10)*

Other Communities

Spanish Community
*First Sunday of the month at
11.30am SPC*

African Community
*Second Sunday of the month at
11.45am SPC*

Filipino Community
*First Sunday bi-monthly at
5.00pm SPC*

**For details of any of the
above, contact the Parish
Office.**

SEEKING YOUNG MUSICIANS! The Cathedral parish is looking for young people who enjoy playing an instrument or singing. If you would like to be involved in music making at the young adults Mass (5.30pm on the second Sunday of each month), please contact the Music Director, Jaki Kane. Some basic training in liturgy will be provided. Email the parish office if you would like to find out more information or register your interest—cathedral@cg.org.au.

PRAYING FOR THOSE BECOMING CATHOLIC—At the Easter Vigil (Saturday 11 April), those who have made the decision to share the Catholic Faith and become part of our faith community are welcomed into the Church, receiving the Sacraments of Initiation: Baptism, Confirmation and the Eucharist. We continue to pray for all those who are preparing for Baptism and full communion with the Catholic Church. We are so very blessed to have the witness and faith of these Catechumens in our midst, it has been such a blessing and joy to journey with them. Please pray for: **Rebecca Langworthy, Mikyung Heo, Hall O'Meagher, Eliza Ride and Ella Borgo**

CHAMBER PHILHARMONIA COLOGNE (GERMANY) CONCERT—Vivaldi, Mozart, Tchaikovsky & Paganini—11 Feb, 8pm, St Christopher's Cathedral. Tickets: www.ticketmaster.com.au, Tel 136100 or cash at the door one hour prior to the concert.

A DAILY HOLY HOUR: "O come, let us adore Him" is the familiar antiphon resounding through the Christmas season, and yet still, every day, the Church continues to call out, "O Come, All Ye Faithful," inviting us, to believe, to hope, to love, to adore, and to be consoled by the **Real Presence of Jesus in the Blessed Sacrament**. From February 2020, Holy Hour will commence at the Cathedral on **Tuesdays to Fridays, 5pm to 6pm**. Pope Francis reminds us that "If we are to know the Lord, we must go to Him. Listen to Him in silence before the Tabernacle and approach Him in the Sacraments." So come... let us adore Him!

2020 CATHEDRAL PARISH SCHOOL OF RELIGION PROGRAM

Confirmation classes starts Mon, 27 April, 6pm-7.30pm at St Peter Chanel's Parish Room, Cnr of Weston and Loch Streets, Yarralumla. This is for Year 5 & 6 students or older who live in Barton, Causeway, Deakin, Forrest, Fyshwick, Griffith, Kingston, Manuka, Parkes, Red Hill, Yarralumla or attend school in these suburbs. Children must have received the Sacrament of First Reconciliation and First Eucharist prior to Confirmation. More information and Enrolment form on www.cg.org.au/cathedral or contact the Parish Office on 6239 9846. The celebration of the Sacrament will take place in St Christopher's Cathedral on Wednesday, 27 May 2020 at 5.30pm. **First Reconciliation** classes start 15 June for 29 July. **First Eucharist** classes start 17 August for 20 September.

LENTEN PROGRAM REFLECTION GROUPS – would YOU be interested in running or participating in a small Lenten Reflection Group with your fellow parishioners? Possible resource—see below notice 'Grace'. For expression of interest, please contact the Parish Office.

LENTEN PROGRAM BOOKLET 'GRACE' FOR SALE SOON—Features short daily reflections that accompany our major focus on the Lenten Sunday Gospels with spiritual direction. Retail @ \$9.90 but the Cathedral is subsidising @ \$5.00. Please pay \$5.00 per book into the Poor Box or pay online: <https://www.bpoint.com.au/payments/scpc>.

SANCTUARY GROUP VOLUNTEER REQUEST—We are running short of volunteers for the Sanctuary Group for the Cathedral. This ministry looks after the cleaning of the Altars, dusting pews & windowsills, candle care, replace holy water, etc. You will be on a roster once or twice a year for one month, attending to these duties on a weekly basis during that month. If you are available, please contact this office on 62399846 or email cathedral@cg.org.au.

PLENARY COUNCIL 2020 LISTENING AND DISCERNMENT SESSIONS—Theme: How is God calling us to be a Christ-centred Church that is: *A joyful, hope-filled and servant community*, **Tuesday February 11th, St Peter Chanel's Parish Room, Yarralumla.** *Open to conversion renewal and reform* **Tuesday February 18th, Parish Rm**



I encourage all to come along to our next Plenary Listening Session this Tuesday evening. I have been humbled and excited by the positive engagement in the plenary process. I thank those who have come along to the evenings in both the Haydon Hall and St Peter Chanel's Hall, but equally all those who have sent in their own submissions to be forwarded to the Council Office. This has been overwhelmingly positive. Thank you! Your voices are not only heard but deeply valued. Please continue with your submissions as we continue this leg of the Plenary journey.

Plenary Council Prayer

Come, Holy Spirit of Pentecost. Come, Holy Spirit of the great South Land. O God, bless and unite all your people in Australia and guide us on the pilgrim way of the Plenary Council. Give us the grace to see your face in one another and to recognise Jesus, our companion on the road. Give us the courage to tell our stories and to speak boldly of your truth. Give us ears to listen humbly to each other and a discerning heart to hear what you are saying. Lead your Church into a hope-filled future, that we may live the joy of the Gospel. Through Jesus Christ our Lord, bread for the journey from age to age. Amen.

Our Lady Help of Christians, pray for us. St Mary MacKillop, pray for us.

OTHER NEWS

WHAT IS PRAYER? Join Fr Michael for a series of talks on prayer. Beginning on Sunday 16 February 2020 after the 9.00am Mass at St John Vianney Church, Waramanga. All invited. Tea & coffee available. **16 February**—What is prayer; **23 February**—How to pray with the bible “Lectio Divina”; **1 March**—Ignatian Contemplation; **8 March**—How to pray the Rosary; **15 March**—What is Sacrament?; **22 March**—What is Eucharist? **29 March**—What is Reconciliation and Anointing of the Sick?; **5 April**—What is Liturgy?

A PILGRIMS' WALKING RETREAT—14-16 Feb, from 6.00pm to Sunday 16th at 3.00pm. Enjoy a two-day retreat following the way of the Pilgrim walking the Shalom Labyrinth and around the beautiful Carcoar Valley. This retreat is about reconnecting with your spirituality and your God through the Pilgrim's Camino and the Christian labyrinth. You can do as much or as little as you want as we explore the designs, paths, patterns and our life's journey through meditative walking and contemplative prayer exercises. Cost: \$200 (Includes all meals and accommodation). Phone: 63673058. Em: shalomcarcoar@gmail.com www: <http://shalomcarcoar.com/events/>

ENGAGED ENCOUNTER—15-16 – Feb. How prepared are you for marriage? Engaged Encounter provides you with deeper insights into each other and into married life. We give you a chance to spend time together to strengthen and enrich your relationship. Visit: www.engagedencounter.org.au Choose any of the coming Weekends: May 2-3, August 1-2, November 7-8.

VALUES AND VOICES IN THE PUBLIC SPHERE—Wed. 19 Feb, 7.30pm, Chapel, Australian Centre for Christianity and Culture, Blackall Street, Barton. Speaker: The Hon. Dr Ken Crispin QC. Ken is a leading jurist, Supreme Court Judge, President of the Court of Appeal and Commissioner for Standards for the Legislative Assembly. Info: www.ces.org.au.

QUIET DAY—Sat, 22 February 9.30am-3pm The Chambers Pavilion, Australian Centre for Christianity and Culture. Dr Frances Mackay will lead this day on the theme Finding Hope in a Time of Crisis – very apt for our times. RSVP appreciated by 18th February to Alice-Anne Macnaught aamacnaught@gmail.com 0414 790 201.

AMICUS, a support group for widowed, divorced and separated Catholics, next gathering at Saigon Vietnamese Restaurant, Pearce Shops, 7pm for dinner. Sat. 22 Feb. RSVP Paul 0419 411 691.

MENALIVE WEEKEND: Sat 29th Feb & Sun morning 1st March St Brigid's Dickson. A terrific weekend of testimonies from ordinary men, discussion, time out to reflect on your life journey, and hospitality. Since their founding in 2003 MenALIVE have run 400 events in 25 dioceses in Australia and New Zealand for more than 15,500 men. For further details, contact Fr Emil 0414523036 or Najib Raya 0439581204 najibemail1@gmail.com.

SISTERHOOD CATHOLIC WOMEN'S CONFERENCE—20-22 March — weekend long event for women of all ages and stages of life at Stanwell Tops Sydney. Through keynote talks and workshops, mass, adoration of the Blessed Sacrament, reconciliation & quality sisterhood, women are given the opportunity to deepen in their personal relationship with Jesus Christ & develop community with other women. The conference seeks to provide keynote inputs, which are both spiritually enriching but also practical to the lives of women of all ages and stages Of life. Registration Ticket - \$270 including meals & accommodation. Tickets can be purchased via www.sisterhood.org.au.

EMMAUS JOURNEY —“They recognised him in the breaking of the bread” (Luke 24:35) Monday 25th May to Friday 29th May. Presenter Father Pat Corbett C.Ss.R. This retreat is designed for people in the ‘second half of life’. A gentle four day experience of wholeness and wellbeing. Ensuite room \$550, shared facilities \$450. Contact Saint Clements Retreat Centre 02 6380 5222, or <https://www.catholicvoice.org.au/event/emmaus-journey/>

REQUEST FOR TRAINED EUCHARIST MINISTERS AT CALVARY JOHN JAMES HOSPITAL —looking for volunteers to fill in some gaps on its roster to bring communion to Catholic patients in hospital. You need to: be available once a month for an hour and a half; do some initial orientation training and yearly Refresher Training; have a cover letter explaining your Eucharist position in your parish; and a current Working with Vulnerable People Card or be prepared to get one. If you can help, please phone Samantha Thirkettle on 6281 8112 or email on Samantha.Thirkettle@calvarycare.org.au for more information.

Pope Francis invites us to hold the word of God in our hands each day. The daily readings can be found and accessed free on the Living Word <https://cgcatholic.org.au/LivingWord/>. **Subscribe today.**



Saint Therese of Lisieux's relics:

Saint Therese of Lisieux's relics and those of her parents St Louis and St Marie-Azelie are coming to Canberra. Over one week in March, the relics of the Little Flower, one of the most loved saints of modern times, will travel through the Archdiocese, stopping by Saint Christopher's Cathedral along the way. See the beautiful story of St Therese and her upcoming visit on pages 10-11 of the latest edition of the Catholic Voice. More details to come.

“Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love.”

— St. Therese of Lisieux

Prayer for the Blessing of Rain

Lord God, Bless Australia – our Great South Land of the Holy Spirit. Grant, that as the Cross shines in our southern skies, so may Christ bring light to our nation, to its peoples old and new. May we receive the blessing of abundant rain so that the “desert blooms with the life that lies in wait.” We ask this through Christ Our Lord. Amen.



MasterCard **VISA** **payWave** **Tap & Go PayWave Machine** to contribute to the Church collections without the necessity of carrying cash. Please PayWave your card at the pre-set Tap N Go machine located in the Church Foyer when you exit the church. Please contact the Parish Office with any questions.

We pray for...

Those to be Baptised: Alessio Focarile; Luka Humphries; Zara Wenning

Those who are ill: Jim Kaucz, Arianna Vignale, Anna Vincent, Lucy Duncan, Stella Lazar, Rod Duncan, Anthony, Lisette D’Cruze, David Kibbey, Jacqueline Khin. Katari-na Kish

Anniversaries of death: Saverio Calabria, Carlos & Francisca Abad, Anthony Osborne, Remigio & Maria Res, Pasquale Ciuffetelli, Noel Flanagan, Shannon Stevenson, Kenneth Mulach, Camillo Buhagiar, Helen Heffernan, Joyce Balnaves, Baby Georgia Morrison, Helen Richardson, Elsie Corkhill, Deceased Members of the O’Hanlon, Blackall, Gorman & Proust Families, Claire Jones, Brianna Humphreys, Leo Biggs,

Recently Deceased: Roberto Emilio, Mary Bowe (Kilmartin), Bruce Kennedy, Ronald D’Cruze, Brian Kelly, Betty O’Neill, Patricia Smith, David Cusack, Anica Soldo,

Readings of the Day – 5th Sunday of Ordinary Time —Year A

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

RESPONSORIAL PSALM: *A light rises in the darkness for the upright.*

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!*

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.*

First Reading

Is 58:7-10

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.

Second Reading

1 Cor 2:1-5

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 Reading

Mt 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 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.'

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LITURGICAL MINISTRIES ROSTER				
	Lectors		Extraordinary Ministers of Eucharist	
Mass	9/10 Feb	15/16 Feb	9/10/ Feb	15/16 Feb
6.00pm (SPC)	Marcelle Disanayake Damien Balachandran	Felicity de Fombelle Geraldene Ford	Any available EMHC	Frances Bulbrook
8.00am (SCC)	Assigned Louise Zavone	Liza Quinn Philip Pocock	Phil Pocock Liza Quinn	Mimma Memmolo Tony Pelle
9.30am (SPC)	Clarice Poh Dominic Chin	Gloria Osborne Jaye Longland	Wilfred & Margaret Lawrence	Any available EMHC
11.00am (SCC)	Leeann Galloway Ranee George	Cecilia Flores Liz Porra	Ceciley Matthews Kathryn Ruston	Edwina Hyman Mark Hyman
5.30pm (SCC)	Youth Mass	Gabrielle Wright Jacob Madden	Elizabeth Young Lionel D'Cruze	Elizabeth Young Lionel D'Cruze

St Christopher's Cathedral Parish encompasses the areas of Barton, Causeway, Deakin, Forrest, Fyshwick, Griffith, Kingston,