

8th February, 2026, 5th Sunday in Ordinary Time /A

TEMORA MISSION AREA

Our Lady Help of Christians Parish Ardlethan/Sacred Heart Ariaiah Park

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Parish Priest Fr Alex Osborne

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St Therese Barellan

In our Prayers: Lee Jackson, Robyn Richards, Neville Caldwell.

For our Deceased: Colleen Stout, Morgan Cumming, Deceased Family, Friends,
Victims of war, violence, accidents & natural disasters.

Darcy Lucas, Leo Griffin, Edna Griffin *anniv.*

Feb 14-15

Ariaiah Park 6.00 p.m. *Liturgy Sat*

Mass

Temora

6pm. Saturday

5pm.

Sunday

Mass

Ardlethan

8am

Barellan

10am

Sunday

Reflection - *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 recognise our unique gifts and share them with others.



Let Your Light Shine Bright

Today's readings remind us that faith is not something we keep hidden. Jesus tells us to be like salt and light. These are simple images, but they help us understand what it means to live as His followers.

This Sunday's readings talk about helping others, being kind, and trusting in God. Isaiah tells us to care for the poor. The Psalm praises those who are generous and steady. Paul points us to Jesus, not fancy words. And Jesus calls us to live in a way that points others to God.

Each reading gives us a clear message. Faith must show in our actions. When we serve others, we reflect God's love. When we do good, we help others see the way to God.

Our Lady of Lourdes

On **Tuesday** we celebrate the feastday of Our Lady of Lourdes. As we remember in a special way those who we know who are ill let us pray also for all who need the healing touch of God.

For our personal reflection

Mary,

You who appeared to Bernadette in the hollow of the rock,
In the cold and shadow of winter
You brought the warmth or a presence,
The friendship of a smile,
The light and beauty of grace.
In the hollow of our often obscure lives
In the hollow of this word where evil is strong,
Bring hope,
Give more trust.



Prayer to Our Lady of Lourdes

O ever immaculate Virgin, Mother of mercy, health of the sick, refuge of sinners, comfort of the afflicted, you know my wants, my troubles, my sufferings; deign to cast upon me a look of mercy. By appearing in the Grotto of Lourdes, you were pleased to make it a privileged sanctuary, whence you dispense your favours, and already many sufferers have obtained the cure of their infirmities, both spiritual and corporal. I come, therefore, with the most unbounded confidence, to implore your maternal intercession. Obtain, O loving Mother, the grant of my requests. I will endeavour to imitate your virtues, that I may one day share your glory, and bless you in eternity. Amen.

Reflection

“Imagine a perpetual diet of food without any tang or taste, soggy and insipid! This would be the world if Christians did not spread the message of Christ, did not impart the flavour of Christ. ... Imagine a world of darkness, where we had to feel our way and are never quite sure of shapes and purposes! And then what a difference occurs when the sun rises over the horizon or the light is switched on. Such is the difference which Christianity—and our Christianity—must make to the world..” *Fr WansboroughI*



If anyone would like to be added to the reading, leading or Eucharistic minister volunteer roster, please let Linda Griffin know. Also names for the sick and deceased lists. Thank you.

Roster 15th Feb

Leader: Tracey

Reader:

Ex. Minister :

Acknowledgement of Country - With respect, we acknowledge the country, the skies, the waterways and spiritual systems of the Wiradjuri people on whose land we gather. We acknowledge the elders for the passing on of knowledge, language and spiritual connections to country.

Parish Safeguarding Commitment — Our Lady Help of Christians Parish Ardlethan/Sacred Heart Arian Park is committed to safeguarding and upholding the rights of all our children and vulnerable people. We seek to empower children, their families and carers and vulnerable people, to have a say, to be listened to and to be protected. Parishioners are encouraged to raise any concerns they may have by emailing Fr Alex Osborne at alex.osborne@cg.org.au. Parishioners are also welcome to contact Maria Hicks, manager for the Archdiocesan Institute for Professional Standards & Safeguarding (IPSS) at ipss@cg.org.au or phone 02-62399806.