



*You are the Salt of the Earth.
You are the Light of the World.*

Fifth Sunday in Ordinary Time (Year A)

We are called to be the “salt of the earth.” And just like salt, we are not made to simply be the star and center of attention. We are not made only for ourselves. Instead, it is our Christian duty to enter into our world and add to it, helping to transform it into a world of grace and mercy, full of the “flavor” of God’s Kingdom. This is done, especially, by the building up of relationships. It’s done by striving to touch one person at a time so as to enhance their lives and help them to be closer to Christ. The love of God that we bring into our world, and into the lives of those whom we encounter, can be seen analogously as salt entering into food and enhancing it.

Jesus doesn’t stop there, He leads us further saying “You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.” **Matthew 5:14-16**
We’ve all experienced a time when the lights went out and we were in darkness. In this case, if you were to light a candle and place it in the center of the room, it’s light would make quite a difference. One candle in a darkened room transforms that room, making it a more comfortable dwelling place.

Using that image, consider the first line in Jesus’ metaphor above. “You are the light of the world.” Try to see yourself as that single candle in the darkness. *That is your mission.* Just as a single candle can give light to an entire room, so you are capable of being a source of light for many others.

One of the primary missions we have all received in life is to allow the light of God’s grace to “shine before others.” The result of fulfilling this mission is that others will see our good deeds that were inspired by God, and they will, in turn, glorify the Father in Heaven. Thus, your mission of radiating the light of Christ for others results in God being praised and glorified.

This full statement of Jesus is especially helpful to consider when we struggle with pride. Pride is a way of pointing to ourselves. It’s an act of selfishness by which we place ourselves in the spotlight as a way of trying to become the object of others’ praise. But what Jesus tells us is that when we properly fulfill our role of being the light of the world, when we radiate the Light of Christ, others will be inspired not to praise us but rather to glorify God as He acts through us. This is quite a difference.

With that being said, the beautiful thing about God being glorified is that God often wants us to share in that glory. That means that if you were to do an act of charity for another, and they were deeply grateful to you and thanked you, their “thank you” is an act of glorifying God when it is understood that you acted out of a love of God. God is praised when we, His children, give and receive love and honor between each other on account of our faith.

Reflect, today, upon two things. First, think about those upon whom God has called you to shine His light. Who is it in your life who needs an act of love, charity, mercy, forgiveness or compassion? Commit yourself to becoming God’s light for them in their darkness. Second, think about those who have shone the Light of Christ upon you. When this has happened, how did you respond? Hopefully your response was one of a gratitude that not only returns love to the other but also glorifies God through your gratitude. Be the light of the world to a world in need and seek out that light as it shines brightly through others. This is the only way to step out of the darkness that constantly tries to pervade us.



Prayer

*Lord, You are the true Light
Who dispels every darkness in life.
You are the Light of my life
and shine brightly for all to see.
Help me to see Your light
as it shines in others
and to glorify You for that gift.
And help me to be an instrument
of Your light to those
who need it the most.*

Jesus, I trust in You.

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Sacramentals are sacred signs bearing a resemblance to the sacraments. They themselves do not have magic powers and are not to be used in a superstitious manner, rather are meant to focus our attention towards Heaven, to Jesus, Our Lady and the Saints, helping us to purify our thoughts and focus on all things divine. Used correctly, and with faith and devotion, the effects of these sacred signs can be an outpouring of grace and inner healing. Sacramentals include items such as images, medals, crucifixes, scapulars, holy water, the holy bible and blessed salt. Used correctly and with proper intention, these beautiful items can be channels of grace for the faithful. Blessed salt has been used as a sacramental since ancient times, and was a precious commodity. The word ‘Salary’ has origins dating to the Roman times, where soldiers were often remunerated with packets of salt (in Latin, Sal). As it was a precious and valuable item, it was therefore fitting to offer it in sacrifices to Almighty God. Salt was used for over 3000 years to preserve and heal – to preserve meat from decay and contamination – which led to its symbolic representation of spiritual incorruptibility. It also symbolized friendship and hospitality. As Jesus said in Mark 9:50, Have salt in yourselves and be at peace with one another. In other words, encourage that which brings out the best in you, and in your neighbour. In his first miracle, which is actually the basis for the sacramental use of blessed salt, Elisha was inspired to add salt to water which had been contaminated, in order to cleanse and decontaminate it. Salt is made blessed through the consecrated hands of a priest, and special liturgical prayers which are prayed. It can be used dry or can be mixed into water, transforming it into holy water (as in Elisha’s first miracle). As a sacramental, through divine grace, it can preserve us from sin, evil and corruption. It can be sprinkled inside the home, around doors and windows, in cars and even added to food or drinking water to bring about spiritual cleansing and healing of body, mind and soul.

Quote of the Week

***“Remember that nothing is small in the eyes of God.
Do all that you do with Love”***

St Therese of Lisieux



WELCOME TO SACRED HEART PARISH

HINDMARSH-FINDON

Website: www.sacredheartparishhindmarsh.com.au
Facebook: www.facebook.com/sacredheartfindonparish

IN THE CHARISM OF THE HEART OF CHRIST
‘May the Sacred Heart of Jesus be everywhere loved’



5 February 2023



*Fifth Sunday in
Ordinary Time*

Year A

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!

Today’s Readings:

Isaiah 58: 7-10

Ps 111: 4-9

1 Corinthians 2: 1-5

Matthew 5: 13-16

Mass Intentions

6.00pm Vigil

Parish

9.00am SHC

Holy Souls in Purgatory

11:00am OLM

Kazimierz Wszolek

St Eufemia Mass

Vincenzo Pinneri (1 year)

Our Churches

Sacred Heart Church (SHC)

252 Port Road, Hindmarsh

Our Lady of the Manger (OLM)

176 Crittenden Road, Findon

PARISH VISION STATEMENT

As a people who believe and trust in the love of God for us, revealed in the heart of Jesus, we live out this love in a welcoming and inclusive community that provides life-giving support and service to all people.

YOU ARE WELCOME TO JOIN US FOR MASS

◇ Tuesday	07 Feb	12:15 pm	Mass at Sacred Heart Church (SHC) Hindmarsh
◇ Wednesday	08 Feb	6:00 pm	Candlelight Mass & Adoration at Our Lady of the Manger Church (OLM) Findon
◇ Friday	10 Feb	9:15 am	Mass at Our Lady of the Manger Church (OLM) Findon
◇ Saturday	11 Feb	6:00 pm	Mass at Our Lady of the Manger Church (OLM) Findon
◇ Sunday	12 Feb	9:00 am	Mass at Sacred Heart Church (SHC) Hindmarsh
◇ Sunday	12 Feb	11:00 am	Mass at Our Lady of the Manger Church (OLM) Findon
◇ Sunday	12 Feb	5:00 pm	Latin Mass at Sacred Heart Church (SHC) Hindmarsh

*“You are the Salt
of the Earth.
You are the Light
of the World.”*



Salt and Light

In the Gospel of the day, Jesus describes metaphorically what a Christian is! **Salt** of the earth and what He expects of us: to be the **Light** of the world. Jesus uses these two primary images from everyday life to explain both the vocation and mission of a Christian.

Purity is one of the Biblical meanings of salt. In Exodus 30:35, “seasoned with salt” makes the sacrifice “pure and holy.” Here, salt has the explicit connotation of purity. For the people of Israel, the use of salt together with food in sacrifice, was an invitation to build an intimate relationship with the Lord God.

Salt cannot literally lose its taste unless it is mixed with impurities or various kinds of pollution. Being salt of the earth, we are called to constantly purify ourselves from our sinful nature and enhance the lives of others by encouraging their unique gifts. Salt is not for itself; it’s for others. So also, disciples are there not for themselves but for others.

Light in the Bible has two purposes: presence of God and the dispelling of darkness. Firstly, the purpose of light is to indicate the presence of God. We find that in the Tabernacle, where there was always lamps lit to indicate the presence of God (Numbers 4, 8). Secondly, the purpose of light is to dispel the darkness so that people can clearly see. (Exodus 13:21 when God led the people by fire at night).

Our purpose on earth is not to become accustomed to the dark but to shine as lights. We manifest our shining lights along with Christ’s light by the way we live, the choices we make, the behavior we exhibit, the fidelity of marital commitments, when we tell the truth instead of lying, when we are respectful instead of being rude, when we love instead of hating, when we speak the truth in love, without compromise.

So, today’s gospel is both a promise and an invitation: You are the salt of the earth and you are the light of the world. Ask yourselves - Have I lost saltiness in my life? Is my light glowing dim?

Fr Santhosh Nazareth CSC

PARISH OFFICE | PHONE 08 8346 3901

Office Hours: Tuesday, Wednesday, Thursday and Friday | 10:00am–2:00pm
Please Note: If the office is unattended, please leave a message and we will return your call ASAP
29 Grange Rd., West Hindmarsh | Mailing address: PO Box 34, Welland 5007

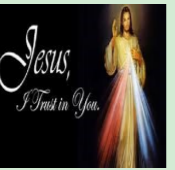
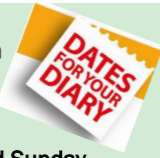
Email: shparish@shphf.com.au

Parish Priest - Father Lancy D’Silva CSC

Assistant Priest - Father Santhosh Nazareth CSC

February 2023

04 Feb	St Eufemia Tridium of Masses at 7pm SHC Hindmarsh
05 Feb	St Eufemia Festa 10:30am at Flinders Park Football Club 5th Sunday in Ordinary Time, Word of God Sunday
06 Feb	Saint Paul Miki and companions, martyrs
10 Feb	Saint Scholastica, virgin
11 Feb	Feast of Our Lady of Lourdes Walk for Life; World Day of the Sick
12 Feb	6th Sunday in Ordinary Time
14 Feb	St Cyril, monk and Saint Methodius, bishop
19 Feb	7th Sunday in Ordinary Time
21 Feb	Shrove Tuesday
22 Feb	Ash Wednesday
26 Feb	1st Sunday of Lent
March 2023	
05 Mar	2nd Sunday of Lent
12 Mar	3rd Sunday of Lent
17 Mar	Feast of St Patrick, Bishop
19 Mar	4th Sunday of Lent (Laetare)
20 Mar	Solemnity of St Joseph, Husband of Mary
25 Mar	Solemnity of The Annunciation of the Lord
26 Mar	5th Sunday of Lent
April 2023	
02 Apr	Palm Sunday of the Lord's Passion
06 Apr	Holy Thursday of the Lord's Supper
07 Apr	Good Friday of the Lord's Passion
08 Apr	Holy Saturday
09 Apr	Easter Sunday of the Lord's Resurrection
10 Apr	Monday in the Octave of Easter
16 Apr	2nd Sunday of Easter DIVINE MERCY SUNDAY
23 Apr	3rd Sunday of Easter
25 Apr	ANZAC Day



Parish Fundraising Committee
Are you interested in helping your community? Everyone is invited and welcome to join the Parish Fundraising Committee. **If you can spare a couple of hours once a month** to help plan and raise funds towards our much needed Community Centre, please contact Sandra Bahlij 0402894613 with your email address or sms. Thank you to those who have volunteered already, **Cathy Stranglo, Jane Agius, Kath Coombes and Linda Arman**. If there are any more volunteers, your help would be much appreciated. Please help us to support this worthy cause! We need you!

A *Big* thank you to our **Knit and Natter Group**, for donating \$160 towards our new Community Centre Fundraiser. We are so grateful and appreciate your most generous donation.
You are the Salt of the Earth!

**Catholic Archdiocese of Adelaide
Extraordinary Ministers of Holy Communion
Nomination Form for Parishes, Aged Care Facilities,
Schools and Colleges**
An Extraordinary Minister of Holy Communion performs a great service to the Church, by distributing Holy Communion to God's people on those occasions where there are an insufficient number of Priests and Deacons to distribute Holy Communion to the people present at the Mass, and to the household. Requirements for Becoming an Extraordinary Minister of Holy Communion Extraordinary Ministers of Holy Communion must be 'Nominated' by the competent authority (Parish Priest/Migrant Chaplain) and then 'Mandated' by the Archbishop of Adelaide, before they can assume this important ministry. Upon acceptance of the invitation to become an Extraordinary Minister of Holy Communion, a person must meet the following requirements: • Undergo Formation Training prior to nomination being submitted to the Archbishop. • Hold a current Working With Children Check (WWCC). • Have attended (or will attend within a nominated timeframe) 'Child-Safe Environment for Children and Young People' training or equivalent certification. (For note, if the Child-Safe Training is undertaken by a provider other than the Diocesan Child Protection Unit, a copy of the Certificate of Training Attendance needs to be sighted by the Parish Office.) • Have no substantiated complaints of abuse against them nor there being any circumstances that could lead to a complaint of abuse. • Not be in an irregular marriage. Asking God's blessing for you as you take on this ministry, *Patrick C. Regan* Archbishop of Adelaide (Please see Nomination forms at the rear/foyer of the church. Thank you

The Church in Australia celebrates **Word of God Sunday** on the first Sunday in February – **February 5 in 2023** (Fifth Sunday in Ordinary Time, Year A). Pope Francis established the day, which is devoted to "the celebration, study and dissemination" of the Word of God. Visit www.catholic.com/word-of-god

**Day of the Unborn Child Appeal
11th and 12th February 2023**
A special collection is being taken up in support of the work undertaken by Birthline Pregnancy Support, Mothers without Medicare & Genesis Pregnancy Support Inc. The Day of the Unborn Child assists us to focus on those people in our families and communities who have experienced any sort of child-bearing loss, whether miscarriage, still-birth, the death of a baby soon after birth, or abortion. We thank you in anticipation for your generous support of those who work tirelessly with individuals and families who require these important resources and services. For cashless donations, please scan the QR code.

St Eufemia Society Festa
The St Eufemia Festa will be held this Sunday, February 5th 2023 at Flinders Park Football Club, Hartley Road, beginning with a Procession from 10:30am and concluding at 9pm.
All are welcome!



"Both salt and light are for others, not for oneself: salt does not give flavour to itself; light does not illuminate itself." *Pope Francis*

Sacramental Programme Information Meeting
Invitation for Parents and Carers

We invite all parents and carers from our parish community, those who have children studying in parish and other state/private schools who wish to enquire about preparing your child/children to receive the sacraments of

Reconciliation – Confirmation – First Holy Communion
To attend an Information Session on the Sacraments
**Tuesday 14th February 2023
6:30pm to 7:30pm**
**St Michaels College Chapel
78 East Avenue, Beverley**

The Sacraments will be celebrated beginning August 12th 2023 at both Sacred Heart Church Hindmarsh, and Our Lady of the Manger Church Findon. **Registrations for the Sacramental Program close Friday 24th Feb.**

To the intercession of Mary, Health of the Sick, I entrust all of you who are ill; you who care for them in your families, or through your work, research and volunteer service; and those of you who are committed to weaving personal, ecclesial, and civic bonds of fraternity. To all, I impart my heartfelt blessing.
February 11, 2023

See Pope Francis' full message here: <https://www.vatican.va/content/francesco/en/messages/sick/documents/20230110-glornata-malato.html>

The Feast of Our Lady of Lourdes will be celebrated on **Saturday 11th February 2023 at 11:30am in St Francis Xavier's Cathedral**. Each year, on World Day of the Sick a Mass is offered for those who are of ill health. All are welcome to receive a blessing and anointing. For more information please contact Archdiocesan Events on (08) 8210 8220 or email events@adelaide.catholic.org.au

Healing Mass Thursday 9th February with Rosary 7pm, Mass 7.30pm including the Sacrament of Anointing, Exposition of the Blessed Sacrament, Sacrament of Reconciliation, individual blessings with the Blessed Sacrament in the Monstrance, Prayer Ministry with Candlelit music in the Spirit of Taize, Tea/coffee light supper available at Our Lady of the Sacred Heart Church 420 Seaview Road Henley Beach. All welcome Enquiries to Pauline 0403002240 Thank you.

Baptism
We welcome into our faith Community **Leonardo Spagnoletti and Lorenzo Sims Uribe** who celebrate the Sacrament of Baptism at **Our Lady of the Manger Church** this Sunday 5th February 2023.

Presentation
We also welcome **Rocco Romano Barbara and Gia and Lila Harvey** who will be Baptised next weekend at **Sacred Heart Church Hindmarsh**. Please keep **Leonardo, Lorenzo, Rocco, Gia and Lila**, together with their families, in your prayers.

Children's Church

Fifth Sunday of Sunday of Ordinary Time
"Be a light in the darkness"

T	L	U	N	D	E	R	D	O	S
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SALT
EARTH
TASTELESS
NOTHING
TRAMPLED
CITY
LIGHT
UNDERFOOT
HILLTOP
LAMP
TUB
SHINES
SIGHT
MEN
PRAISE



WALK FOR LIFE
JOIN US AS WE WALK FOR LIFE TO BRING AN END TO ABORTION, LET THEM LIVE!
SATURDAY 11TH FEBRUARY 2023
10:00AM - 12:00PM
Pennington Gardens
Opposite St Peter's Cathedral

\$5 Donation Parking
Adelaide Oval carpark
Enter from Pennington Tce

Gates
Gates will be open from 9am. Bring your ticket!

Don't forget to bring a drink bottle, and remember to slip, slop and slap!

Tickets
FREE tickets available go to loveadelaide.org.au

PLEASE WEAR A WHITE SHIRT
No megaphones, no signs. Posters for this event will be provided. Please obey the marshals & police on the walk. This walk will be peaceful. Check out the guidelines at loveadelaide.org.au/guidelines

FREE ENTRY TICKETS
LOVEADELAIDE.ORG.AU/EVENT-DETAILS/WALKFORLIFE

LET THEM LIVE
For more information - loveadelaide.org.au

The **Southern Cross** The February issue of *The Southern Cross*, which includes a Back to School/student achievements feature, Pope Benedict tribute and all the latest news in our Catholic community, will be for sale this weekend. Please take home a copy today.

Come and celebrate World Day of Prayer, **Friday 3rd of March 2023 at 1:30pm** at Our Lady Queen of Peace Church Botting Street, Albert Park. Enquiries to Lorraine on 8268 6864. All Welcome!

Come and See Parish Youth Group Nazareth Secondary Campus
1 Hartley Rd, Flinders Park 7:30pm to 9pm **Friday nights**
Run and supervised by the Preca Community.
Everyone is welcome!
www.facebook.com/Come-See-Youth-Group-Intsagram:cas.youth

From the Archdiocese

Spiritual Healing Retreat—Charis-SA
4th Thursday of the month, 7.00pm to 9.00pm at St Peter Claver Church—8 Stuart Road, Dulwich, with Fr. Roni George VC. Dates are **23rd February, 23rd March, 27th April, 25th May, 22nd June, 27th July, 24th August, 28th September**. Contact: 0407060715 or visit www.divineretreatcentre.org

Charis-SA invites you to be Planted by God
Guest speaker and celebrant Fr Selva Raj will hold a day of teaching, reflection, Mass and Adoration on **Saturday 11th February** from 10:30am to 3:30am at St Peter Claver Church—8 Stuart Road, Dulwich. Coffee and tea provided, bring your own lunch. Contact 0407060715 or visit <https://www.charis-sa.org/>

Livestream - Synodality and Mission: Sr Nathalie Becquart in Adelaide
Wednesday February 1, 2023, Grange Golf Club 5:30pm (dinner) 6:30-8:30pm (presentation) This event is now at capacity, live stream will be available from 7pm at https://youtu.be/P_VQc-7huO4

Online Regional Assembly Information Session
Thursday, February 16 2023, 7pm via Zoom
Link available upon registration <https://www.trybooking.com/CFMHL>
Representatives from parishes, schools and communities are invited to join the online information session. For more information visit www.adelaidediocesanassembly.org/regional-assemblies or contact pastoral-services@adelaide.catholic.org.au

Sacraments of Initiation Date claimer
Workshop **Monday February 27, 2023 - 9.30am-2.30pm** at CEO Conference Centre, George St, Thebarton. All involved in Sacraments of Initiation of Children are encouraged to attend. For registration please contact Sr Jenny Seal, Family Faith Formation Advisor E: jenny.seal@cesa.catholic.edu.au

Feast of St Josephine Bakhita
Wednesday February 8 2023 is the Feast of St Josephine Bakhita. The African Catholic Community will be celebrating her feast day at a Mass on **Sunday February 12** in St Francis Xavier Cathedral at **2.30pm**. All welcome.

The Spirit of the Liturgy
Get a new understanding of what our Catholic liturgy is all about as you explore it over five weeks with Dr Jenny O'Brien (Office for Worship). **7-9pm, Thursdays, March 2-30**, Cathedral Hall, Wakefield St. Cost: \$50. To enrol, [CLICK HERE](#) or contact worship@adelaide.catholic.org.au P: 8210 8130 by **Tuesday February 28**

Retreat Walk – Semaphore
Sunday February 26, 9.30am - 4pm – Organised by Jesuit and Ignatian Spirituality Australia, this contemplative walk is along the beaches of Semaphore. This is a (mostly) silent walk beginning with prayer and ending with shared reflection. The 7km walk is graded as 'easy' and is suitable for most ages and fitness levels. Cost is \$25, meet at the carpark near the Semaphore Surf Life Saving Club, Point Malcolm Reserve, 343 Military Road, Semaphore Park. **Enquiries: 1300 392 636** or info@jisa.org.au Register at <https://jisa.org.au/retreat/retreat-walk-adelaide-south-australia/>