

FIRST READING

A reading from the prophet Isaiah
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.

RESPONSORIAL PSALM

**R./ A light rises in the darkness
for the upright.**

SECOND READING

**A reading from the first letter of St Paul
to the Corinthians**
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 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!

GOSPEL READING

**A reading from the holy Gospel
according to Matthew**
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.'

'Salt & Light'

Salt and light have one thing in common: they give and expend themselves — and thus are the opposite of any and every kind of self-centred or self-absorbed religiosity.

Nevertheless, the kind of service each renders is different. Their effects are complementary. Salt can prevent decay and draw out flavour. Light illuminates all that is in darkness.

So Jesus is calling his disciples to exert a double influence on the wider world, arrest decay and bring light into darkness. For it is one thing to call out injustice, oppression, and the maltreatment of people; we need further promote truth, harmony, justice and love. We are not simply avoiding decay, as Christians, we are further charged with the mission to bring the light of Christ to all we encounter.



CHRIST OUR LIGHT CATHOLIC PARISH

HIGHETT / CHELTENHAM

Parish Office:

9 Centre Dandenong Road,
Cheltenham, VIC. 3192

Our Lady of the Assumption Church
9 Centre Dandenong Road, Cheltenham

St Agnes' Church
25 Spring Road, Highett

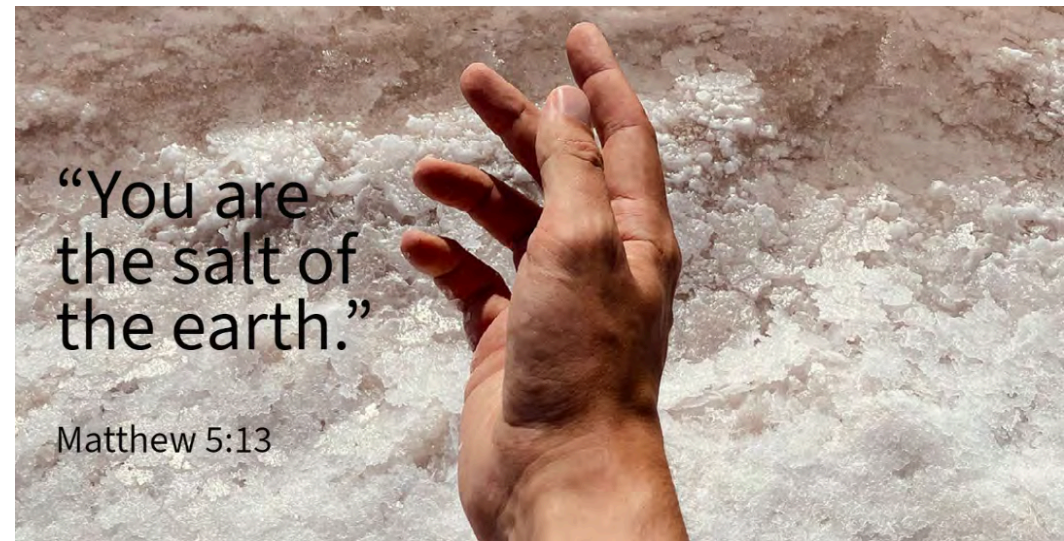
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FIFTH SUNDAY IN ORDINARY TIME - YEAR A

7th / 8th FEBRUARY, 2026



Jesus employs two metaphors to characterise the essence of discipleship: salt and light. These metaphors point to what the disciples do for others rather than to what discipleship does for the disciples themselves. It is the Spirit and power of God that work the wonders, and God works them through mundane elements of life such as light and salt. True disciples are the light that shines forth in the darkness of ignorance or faithlessness. They enlighten others not by words but by their manner of living. Jesus teaches us that what we do flows from who and what we are. We can enlighten the world with the message of the gospel, because our lives have been transformed by that gospel and now we ourselves are light for others. We can serve others in various ways, only because we have been saved by God's grace and now we are agents of that grace in the lives of others. Our own renewal becomes the means through which God renews the world. We may not be asked to perform extraordinary feats, but all disciples of Jesus are called upon to do the ordinary things of life in an extraordinary way. It is this manner of living that declares to the world that the reign of God has indeed been established in their midst, and that the age of fulfilment has dawned.

Dianne Bergant CSA

PARISH PRIEST: CHELTENHAM / HIGHETT
Fr Alan Fox BH: 9583 6161 / AH: 9532 1794
Email: Alan.Fox@cam.org.au

PARISH OFFICE HOURS: 9583 6161
Monday - Friday 9am – 3pm
Secretary: Vino Krishnan-Blair
Accountant: Maureen Ryan

OUR SCHOOLS:

Our Lady of the Assumption PS 9584 9488
Principal: Mr Richard Jacques
Email: principal@olacheltenham.catholic.edu.au
St Agnes' Primary School 9532 0344
Principal: Mr Thomas Hartney
Email: principal@sahighett.catholic.edu.au

MASS TIMES – CHELTENHAM & HIGHETT

SATURDAY VIGIL & SUNDAY MASSES:

Saturday	[St Agnes Church]	6:00 pm
Sunday	[OLA]	9:00 am, 11:00 am

WEEKDAY MASS TIMES:

Tuesday	[St Agnes Church]	9.00 am
Tuesday	[OLA Church]	6.00 pm
Wednesday	[OLA Church]	9.15 am
Thursday	[OLA Church]	9.15 am
Friday	[St Agnes Church]	9.00 am
Saturday	[OLA Church]	9.00 am

COMMUNION SERVICE (except Public Holidays)
Monday [OLA Church] 9.15 am

SACRAMENT OF RECONCILIATION:

Wednesday	[OLA Church]	9:45 am
Saturday	[OLA Church]	9.30 am

BAPTISMS: Contact Parish Office: 9583 6161.

WEDDINGS: By appointment, 6 months' notice required. Saturdays or weekdays (not Sundays).

The clergy, employees and volunteers of our parish are committed to upholding a duty of care to all children, young people and vulnerable adults, taking all reasonable steps to protect children, young people and vulnerable adults from all forms of abuse and harm and commit to safeguard their health and well-being.

FIFTH SUNDAY IN ORDINARY TIME YEAR A - 7th/8th FEBRUARY, 2026

PRAYING FOR:

Monica Streets, Marie Lo Po,
Wilfredo Eborde, Michael Fernandes,

and all those who died recently.

WE ALSO PRAY FOR:

Daniel McGannon, Jim Carew,
Juliana Cajeric, Kevin Kelly,
John Brinkley, Alf Whalley, Don Clifford,
Bernard Dwyer,

...and all who we remember at this time.

...and we keep in our prayers all who are currently unwell.

Readings for this liturgical year from Advent 2025 to Christ the King 2026 are taken from Year A in the Lectionary cycle.

Should you wish to view the Scripture
Readings for Daily Mass (Australian Liturgical
Calendar) please visit:
universalis.com/australia.melbourne/1000/Mass

VOLUNTEERS: Please make sure that your
WWCC/POLICE CHECK documents are
current, that is, have not expired, and copies
made available to the Parish Office.

PARISH STEWARDSHIP: Thank you to all
parishioners who continue to generously support our
parish i.e. through their contributions to both our
Thanksgiving and Presbytery collections. With the
assistance of the Archdiocese we are currently working
on refining the facility for parishioners to contribute to
Christ Our Light Parish via an online portal.



BAPTISMS THIS WEEKEND With
great joy the Church of God formally
welcome: **Phoebe, Maxwell,
Roman, Sophia, Alexandra,
Colton, Harrison and Michael**, who
will be Baptised this weekend.

† UPCOMING FUNERALS (OLA) †

FUNERAL MASS

Tuesday 10th February at 11am

Monica Streets (RIP)

FUNERAL PRAYERS

Thursday 12th February at 11am

Marie Lo Po (RIP)

*May their soul and the souls of all our faithful
departed, rest in peace.*



Recollection and Reflection Day

Join us for a Day of Recollection - a peaceful
retreat to deepen your connection with God
through prayer, meditation, and reflection.
Take time away from daily routines to nurture
your faith, gain clarity, and renew your
purpose. Activities include guided meditations,
spiritual readings, and personal prayer time.
Book now and nurture your soul in this sacred
day of quiet reflection. Facilitated by Clare
Shearman.

Friday 6th March from 9.30am - 3pm.

Cost: \$180 excl. GST | \$198 incl. GST

To book please visit:

mmsm.org.au/retreats/recollection-reflection-day-melb/



LENT 2026 COMMENCES

18th FEBRUARY - ASH WEDNESDAY

LENTEN GROUPS Sign-up sheets for the
2026 Lenten Program are available in the
respective church foyers. This year's program,
THE JOURNEY HOME features thoughtful
and insightful daily reflections for Lent written
by our guest writer, Archbishop Emeritus
Mark Coleridge and reminds us that Lent is not
merely a period of sacrifice or reflection; it is a
pilgrimage. This resource aims to draw us
together as companions on the road, renewed
in faith and strengthened in love, as we follow
Jesus towards the promise of our true home.



CHRIST OUR LIGHT PARISH - LENTEN STATIONS OF THE CROSS

Each Friday of Lent from 20th February
through to the 27th of March, at 6.30pm,
there will be a Lenten Way of the Cross in
Our Lady of the Assumption Church. All are
most welcome.



LOURDES DAY MASS

The
Order of Malta invites you to
the annual Lourdes Day Mass,
an opportunity to pray for the
sick and infirm, particularly

those who are not able to visit Lourdes. The
Mass will take place at **ST PATRICK'S
CATHEDRAL ON SATURDAY 14th
FEBRUARY at 10.30am**, with Archbishop
Peter A Comensoli as the principal celebrant.
For more information, please contact Sauro
Antonelli AM on 0411 250 288.