

FROM THE ARCHDIOCESE

COMMITMENT STATEMENT

The emotional, physical and spiritual safety, well-being and dignity of Children and Adults is an integral part of the teachings and values of the Catholic Church. The Archdiocese is wholly committed to ensuring the safety, well-being and dignity of all Children and Adults at Risk, and acknowledge its important legal, moral and spiritual responsibility to create a safe and nurturing environment for those Children and Adults.



CHILD SEXUAL ABUSE IS A CRIME. The appropriate people to deal with crimes are the Police. If you, or anyone you know, have been abused, please contact the Police. Alternatively, you can contact the Safeguarding and Ministerial Integrity Office on phone (02) 9390 5810 or via email SafeguardingEnquiries@SydneyCatholic.org. You may also want to speak to your Parish Priest. The Archdiocese of Sydney has a legal obligation to report crimes to the Police.

WORKING WITH CHILDREN CHECK CLEARANCE

You must keep your personal details up to date so that you can be contacted about your Working with Children Check (WWCC). Go to <https://ocg.nsw.gov.au/working-children-check/apply-wwcc/update-or-upgrade-your-wwcc-details> for more information. Please provide the Parish office with a copy of your WWCC. Thank you.

The Catholic Weekly

IN THIS WEEK'S EDITION

- Coroner blasts government over modern slavery death.
- Archbishop Fisher formalises Sydney's synod agenda.
- Waverley parish installs St Daniamo cross, a labour of love.
- Obituary: Fr Paul Glynn SM, missionary, author, peace-maker.
- Feature: Women find a haven at The Farm.
- Comment: A perverse push for an end to infant baptism. Copies available at the entrances for \$2.00. Proceeds to St Vincent de Paul

KIDS CORNER

Plugged In and Turned On

"You are the light of the world." Matthew 5:14 (NIV)
Based on Matthew 5:14-16 (NIV)



X V F O K U L Y B D S M M O I
M J M B Y D T G Y Q E S X Z A
M Z V M L I E O S L R E L Z R
L P A R C S N O L H L P D I O
I Z V K I C Y D F W I H B S I
G L D A A V S F L Y P N B R F
H B R D K N A W O R L D E Z B
T P I O O H I D D E N E R H L
B C V B O W L T M B S K V C A
O N H P U L A M P U O S X U C
T Y F I J T X R O F P L C V J
P R J D L J I H A Y B C F W R
E I Q L X L E F A T H E R E V
C F M E N S N M U V Z W O B A
X I L R M D R J L I S T A N D

LAMP	LIGHT	BOWL	GOOD	DEEDS
WORLD	CITY	MEN	HIDDEN	SHINE
PRaise	HOUSE	FATHER	HILL	STAND

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UPCOMING EVENTS

FEAST DAYS OF FEBRUARY

MONTH OF THE HOLY FAMILY

- SAT 7 FEB—St Lorenzo Maiorano
- SUN 8 FEB—St Jerome Emiliani; St Josephine Bakhita
- MON 9 FEB—Bl Anne Catherine Emmerich
- TUE 10 FEB—St Scholastica
- WED 11 FEB—Our Lady of Lourdes
- THU 12 FEB—St Anthony Kauleas
- FRI 13 FEB—St Vermondo of Meda
- SAT 14 FEB—Sts Cyril & Methodius
- SUN 15 FEB—St Agape of Terni
- MON 16 FEB—St John III of Constantinople
- TUE 17 FEB—The Seven Holy Founders of the Servite Order
- **WED 18 FEB—ASH WEDNESDAY**
- THU 19 FEB—St Boniface of Lausanne
- FRI 20 FEB—St Jacinta Marto; St Amata of Assisi
- SAT 21 FEB—St Peter Damian



LOST & FOUND

Two wallets have been found, one with a Japanese ID card and the other with a Punjab drivers license. If you know who these belong to or own these, please contact the office on 02 9759 1280 or email admin@StJosephBelmore.org.au.



PREPARING FOR THE 2028 INTERNATIONAL EUCHARISTIC CONGRESS: ONLINE WORKSHOP

THU 19 FEB, 7:30PM—8:30PM, ONLINE VIA ZOOM
Join the Parish Renewal Team as we discuss how we can prepare ourselves and our parish communities for the Sydney International Eucharistic Congress (IEC) in 2028. Learn what the IEC is about, how you can get involved, and the power of the Eucharist to transform lives and communities. All are welcome. Register at goMakeDisciples.org.au/cas-events/



EUCHARISTIC ADORATION TRAINING SESSIONS | MARCH—MAY 2026

The Liturgy Office will be offering a series of Eucharistic Adoration Training Sessions from March to May 2026. These sessions will explore the theological, liturgical and musical elements of Eucharistic Adoration. Attendance is compulsory for all acolytes and is strongly recommended for choir members. *Jubilate Deo* will lead the singing component of each session. Other parishioners with an interest in Eucharistic Adoration are warmly invited to attend.

The final hour of each session will comprise of a Holy Hour, with seminarians from the Seminary of the Good Shepherd serving, and *Jubilate Deo* leading the sung responses. Scan the QR code to register or go to Liturgy.SydneyCatholic.org/news/-events/#lectures.



We are called to reach out to everyone with the Love of God.

NEWSLETTER

8 FEB 2026 | Number 271



ST JOSEPH'S PARISH

763 Canterbury Road, BELMORE, NSW 2192
Parish Priest: FR ITA KOLOAMATANGI
Assistant Priest: FR FALAKIKO AFU
Deacon: REV. CHRISTOPHER ROEHRIG
Phone: (02) 9759 1280
Email: admin@StJosephBelmore.org.au
[Facebook.com/StJosephBelmore](https://www.facebook.com/StJosephBelmore)
Web: www.StJosephBelmore.org.au

MASS TIMES:

Mon—Sat: 9:00am
Sat: 5:30pm Vigil Mass
Sun: 8:00am & 10:00am
Youth Mass: 7:00pm
(First Friday of the Month)
Tongan Mass: 2:00pm
(Last Sunday of the Month)
Filipino Mass: 3:00pm
(First Sunday of the Month)

RECONCILIATION:

Wed 6:00pm-6:45pm, Sat 4:00pm-5:15pm

ADORATION & BENEDICTION:

Wed 6:00pm-7:00pm

Baptisms, Weddings & Funerals by appointment, please contact the office.

TONGAN CATHOLIC CHAPLAINCY

763 Canterbury Road, BELMORE, NSW 2192
Priest: FR ITA KOLOAMATANGI
Assistant Chaplain: FR FALAKIKO AFU
Ph: (02) 9145 2892
Email: admin@TCCAustralia.org.au
Social: [Facebook.com/TCCAustralia1](https://www.facebook.com/TCCAustralia1)
Web: www.tccaAustralia.org.au

ST JOSEPH'S CATHOLIC PRIMARY SCHOOL

8 Wilson Avenue, BELMORE, NSW 2192
Principal: MRS KELLY PISANI
Ph: (02) 9759 1154
Email: info@StJBelmore.catholic.edu.au
Social: [Facebook.com/StJosephsBelmore](https://www.facebook.com/StJosephsBelmore)
Web: www.StJBelmore.catholic.edu.au



MONTH OF THE HOLY FAMILY

FIFTH SUNDAY IN ORDINARY TIME - YEAR A

REFLECTION FOR TODAY

FLAVOUR, PRESERVATION, AND PURITY.

—MyCatholic.life

Jesus said to his disciples: "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot." Matthew 5:13
Sodium chloride, also known as salt, is one of the most commonly used substances in the world, used for seasoning, preserving, and purifying. Sodium chloride is a very stable compound and cannot lose its flavour unless there is a chemical reaction or dissolution. Why, then, did Jesus suggest that salt could lose its taste? One likely explanation is that the salt used in ancient Palestine could indeed lose its flavour due to impurities and the conditions in which it was stored.

The Dead Sea, located in modern-day southeast Israel, contains a massive deposit of salt and other minerals. According to biblical history, Lot's wife was turned into a pillar of salt in this region. Because of the vast salt and mineral deposits, the area surrounding the Dead Sea is desolate.

Salt extracted from the Dead Sea was never pure sodium chloride. Gypsum and other minerals were also present, making the salt impure. If this salt were stored improperly or came into contact with water, the sodium chloride could dissolve and wash away, leaving behind the solid residue of minerals. These residual substances, like gypsum, had the appearance of salt but were tasteless and useless for flavouring, preserving, and purifying purposes. When this happened, the "salt" lost its taste. In light of this explanation, Jesus' teaching becomes especially clear.

The first notable feature of salt is its ability to add flavour to food. By calling His disciples the "salt of the earth," Jesus was instructing them to enhance the "flavour" of the world by bringing the truth of the Gospel and the joy of His message to others. A Christian life lived in fidelity to Christ would make the world a better and more virtuous place, just as salt enhances the flavour of food.

Salt is also commonly used for preservation. Before the age of refrigerators and freezers, salt was mixed with food to prevent corruption, by drawing out moisture and hindering bacteria and other microorganisms. Though this practice is still used today, it was especially vital in ancient times. By being the "salt of the earth," Jesus was calling His disciples to preserve the world from moral decay. Through their witness and proclamation of the Gospel, they were to act as a preservative against sin and spiritual ruin. If they were to "lose their taste," they would become indistinguishable from the rest of the world and ineffective in their mission. Hence, Jesus was exhorting them—and us—to avoid becoming watered down and bland in our witness to the Gospel.

Lastly, salt held a significant role in Jewish religious practices, symbolizing purity and consecration. In sacrificial rituals, salt was used to consecrate offerings, as commanded in Leviticus: "You shall season all your grain offerings with salt. Do not let the salt of the covenant with your God be lacking from your grain offering. On every offering you shall offer salt" (Leviticus 2:13). By seasoning their offerings with salt, the Israelites preserved the sacrifices from decay, making them pure. This practice reflects the disciples' role in purifying the world through their example of holiness, their lives of self-sacrifice, and their participation in Christ's redemptive work. They were to live lives of integrity, leading others to God through the purity of their hearts and their unwavering commitment to His will.

Reflect today on this powerful metaphor of being the salt of the earth. The world desperately needs the enriching "flavour" of God's grace. Without Him, the world is left to corruption and decay. With God, we, and those we serve, are preserved as pure and holy offerings, adding to His glory and growing in holiness. Be the salt of the earth. Do not become watered down in your faith. Remain steadfast in your fidelity to Christ and His Gospel, and you will transform the world around you. In doing so, you will not only glorify God but will also share in His eternal joy.

MISSION STATEMENT

Our mission is to find ways, centred on the love of God, to provide a welcoming Parish, a place of spiritual nourishment, and a home to a community that supports everyone and encourages them to contribute their gifts.

READINGS OF THE DAY

FIRST READING

A READING FROM THE PROPHET ISAIAH

58:7—10

Your light will shine like the dawn.

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 your light will 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.

RESPONSORIAL PSALM

R A light rises in the darkness for the upright.

Ps 111:4—9

1. He is 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

A READING FROM THE FIRST LETTER OF ST PAUL TO THE CORINTHIANS

2:1—5

I came to you to proclaim Christ crucified.

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.

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

A READING FROM THE HOLY GOSPEL ACCORDING TO MATTHEW

5:13—16

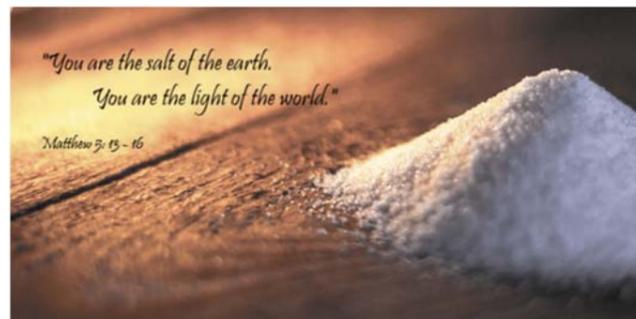
You are the light of the world.

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.



NEXT WEEK: 8 FEB 26—FIFTH SUNDAY IN ORDINARY TIME—YEAR A

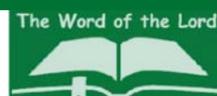
READINGS:

Reading 1: Isaiah 58:7—10

Responsorial Psalm: Ps 111:4—9

Reading 2: 1 Corinthians 2:1—5

Gospel: MATTHEW 5:13—16



PARISH / LOCAL NEWS

LET'S KEEP OUR CHURCH CLEAN

VOLUNTEERS NEEDED

Our church is cleaned by volunteers.

Please place any rubbish you have into the bins at the entrances, or take them home with you. If you can help clean our church, inside & outside, please contact the office on 9759 1280 or email admin@StJosephBelmore.org.au.

Thank you for keeping our church clean.



SACRAMENT OF RECONCILIATION—REMINDER

During Holy Hour (Adoration & Benediction) from 6:00pm to 7:00pm every Wednesday evening, Father will also be available for confession. All Welcome.



St Joseph Belmore YOUTH Group

Youth Mass 7:00pm - First Friday's of every month... all welcome.
scriptures & activities every Friday night at 7:00pm

ST JOSEPH BELMORE—1 FEBRUARY

Congratulations to our Catechists, especially Kalala Sakopo and Helen Torres who have been teaching our children and community on the Word of God for ten years.

May the Holy Spirit continue to guide you all in spreading the Good News. God bless you all.



Prayer Requests & Special Intentions

Please contact the Parish Office for your prayer requests and intentions.

Email: admin@StJosephBelmore.org.au Phone: +61 2 9759 1280

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.



DEATH ANNIVERSARY—FEBRUARY

1st—Cliff I. Doman; Santina Virtu; Mauro L Aguiar; 2nd—Thomas P Jones; Br. Alfred Dolabenty FMS; Antonio Pruscino; Seham Basil; Eugenie Jones; Elizabeth Rolls; Cecilia Doris Jones; 3rd—Ruby Lane; 4th—Myrine Needs; Maudie Huon; 5th—Edward J Greer; Jennie Morrissey; 6th—Charles Summer; Phillip Chahoud; 7th—Rupert J Toohey; Joseph P Sherry; Hilary J Sherry; 8th—Giuseppe Vespa; 9th—Bartolo D' Ambra; Patrick S.Y. Leung; Secondo Forner; 10th—John Formosa; Mary Rose Fenech; Mario Quessy; 12th—Helen Ann Bache; 14th—Ena G Muir; Ruth Hutch; Romeo Estep; George Saouma; 15th—Natividad Deguma; 16th—George Stambouliah; George Saouma; 18th—John W Dowe; Joe Vella; Segundia Castro; Maria Paula Lesta; 19th—Mavis Beachamp; Patrick Coulbourne; Alick Coorey; 20th—Gerard J Rochecoust; Henry Beachamp; 21st—Noura Khoury; Kathleen Mitchell; George B Melanie; Gerard Rochecouste; 22nd—Grant Barnes; 23rd—Sydney Mitchell; Charles Morris; 24th—Keith Pocock; 26th—Len Rees; Reginald Deeham; Marion Lawson; Joseph Karim Afif; 27th—Edna Higginson; 28th—Edward Farrel; Joseph A Gilles; Delor F Salmon.

Volunteers Needed

CAN YOU HELP?

We need your help especially during our Sunday

liturgies. If you're able to, please send your details to the Parish Office via email: admin@StJosephBelmore.org.au stating which ministry you'd like to help—

Collector, Lector, Choir, Eucharistic Minister etc.

For more information / registration details, go to:

<https://Liturgy.SydneyCatholic.org/ministry-training-formation/> or scan the QR code.

Thank you for your support and God bless you.



Children's Liturgy

ST JOSEPH BELMORE PARISH HALL
Every Sunday during 10:00am Mass, in the Hall. All children and parents welcome.
Children under 3yrs MUST be accompanied by an adult (parent/guardian).
Sharing the Gospel in a child-friendly way.

SACRAMENT OF RECONCILIATION PROGRAM 2026

DATE	EVENT
NOW	Commencement of Registration
Mon 16 Feb	Final Date of Registrations
Tue 17 Feb – 7:00pm	Parent Information Evening in the Hall
Sat 28 Feb – 5:30pm	Enrolment Mass Please bring your child's enrolment card with you
Sat 28 Feb – after Vigil Mass	Session One (all one hour sessions are held in the Hall)
Sat 7 Mar – After Vigil Mass	Session Two
Sat 14 Mar – After Vigil Mass	Session Three
Sat 21 Mar – After Vigil Mass	Session Four
TUE 24 MAR – 7:00PM	CELEBRATION OF THE SACRAMENT OF RECONCILIATION

NOTE: It is a requirement for all candidates along with at least one parent / guardian attend and participate in ALL sessions, except the Parent Information Evening.

STUDY GROUP ON THE GOSPEL OF ST MATTHEW

St Joseph Belmore, Fri 13 Feb, 7:00pm

Deacon Chris will be holding a 12-week study group starting on Friday 13 February at 7:00pm.

Seats are limited to 20, so contact Deacon Chris at the office on 02 9759 1280 or email

Christopher.Roehrig@SydneyCatholic.org to reserve your spot. Thank you & God Bless.



MASS INTENTIONS

Parishioners who are sick.

Our Elderly Parishioners.

Parishioners celebrating their birthdays.

REPOSE OF SOULS

Souls of our dearly departed family members.