

OUR SUNDAY CELEBRATION

FIFTH SUNDAY IN ORDINARY TIME / A

8 FEBRUARY 2026

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.

INTRODUCTORY RITES

ENTRANCE ANTIPHON

Ps 94:6-7

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

GREETING

P. In the name of the Father, and of the Son, and of the Holy Spirit.

R. Amen.

P. The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

R. And with your spirit.

PENITENTIAL ACT

P. Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

P. You were sent to heal the contrite of heart: Lord, have mercy.

R. Lord, have mercy.

P. You came to call sinners: Christ, have mercy.

R. Christ, have mercy.

You are seated at the right hand of the Father to intercede for us: Lord, have mercy.

R. Lord, have mercy.

P. May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

R. Amen.

GLORIA

Glory to God in the highest, / and on earth peace to people of good will. / We praise you, / we bless you, / we adore you, / we glorify you, / we give you thanks for your great glory, / Lord God, heavenly King, / O God, almighty Father. / Lord Jesus Christ, Only Begotten Son, / Lord God, Lamb of God, Son of the Father, / you take away the sins of the world, / have mercy on us; / you take away the sins of the world, / receive our prayer; / you are seated at the right hand of the Father, / have mercy on us. / For you alone are the Holy One, / you alone are the Lord, / you alone are the Most High, / Jesus Christ, / with the Holy Spirit, / in the glory of God the Father. / Amen.

COLLECT

P. Keep your family safe, O Lord, with unflinching care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

R. Amen.

LITURGY OF THE WORD

FIRST READING

Isa 58:7-10

A reading from the prophet Isaiah
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.

R. Thanks be to God.

RESPONSORIAL PSALM Ps 111:4-9. R. v. 4

R. A light rises in the darkness for the upright. (or Alleluia!)

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

1 Cor 2:1-5

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

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.

R. Thanks be to God.

GOSPEL ACCLAMATION

Jn 8:12

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

Mt 5:13-16

P. The Lord be with you.

R. And with your spirit.

P. A reading from the holy Gospel according to Matthew.

R. Glory to you, O Lord.

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.

R. Praise to you, Lord Jesus Christ.

HOMILY

PROFESSION OF FAITH APOSTLES' CREED

Or the Nicene Creed may be said.

I believe in God, / the Father almighty, / Creator of heaven and earth, / and in Jesus Christ, his only Son, our Lord, / who was conceived by the Holy Spirit, / born of the Virgin Mary, / suffered under Pontius Pilate, / was crucified, died and was buried; / he descended into hell; / on the third day he rose again from the dead; / he ascended into heaven, / and is seated at the right hand of God the Father almighty; / from there he will come to judge the living and the dead. / I believe in the Holy Spirit, / the holy catholic Church, / the communion of saints, / the forgiveness of sins, / the resurrection of the body, / and life everlasting. Amen.

PRAYER OF THE FAITHFUL

LITURGY OF THE EUCHARIST

After the priest raises the paten with the bread and prays, and then the chalice, we respond to each prayer:

R. Blessed be God for ever.

P. Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

R. May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

PRAYER OVER THE OFFERINGS

P. O Lord, our God, who once established these created things to sustain us in our frailty, grant, we pray, that they may become for us now the Sacrament of eternal life.

Through Christ our Lord.

R. Amen.

THE EUCHARISTIC PRAYER

P. The Lord be with you.

R. And with your spirit.

P. Lift up your hearts.

R. We lift them up to the Lord.

P. Let us give thanks to the Lord our God.

R. It is right and just.

PREFACE I-VIII OF THE SUNDAYS IN ORDINARY TIME

After the Preface, we sing or say:

All: Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

THE MEMORIAL ACCLAMATION

P. The mystery of faith.

All: We proclaim your Death, O Lord, and profess your Resurrection until you come again.

COMMUNION RITE

P. At the Saviour's command and formed by divine teaching, we dare to say:

All: Our Father, who art in heaven . . .

P. Deliver us, Lord, we pray . . .

All: For the kingdom, the power and the glory are yours now and for ever.

P. Lord Jesus Christ, who said . . .

R. Amen.

P. The peace of the Lord be with you always.

R. And with your spirit.

P. Let us offer each other the sign of peace.

All exchange a sign of peace

LAMB OF GOD

All: Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, grant us peace.

INVITATION TO COMMUNION

P. Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

R. Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

COMMUNION ANTIPHON cf. Ps 106:8-9

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.

PRAYER AFTER COMMUNION

P. O God, who have willed that we be partakers in the one Bread and the one Chalice, grant us, we pray, so to live that, made one in Christ, we may joyfully bear fruit for the salvation of the world. Through Christ our Lord.

R. Amen.

THE CONCLUDING RITES

P. The Lord be with you.

R. And with your spirit.

P. May almighty God bless you, the Father, and the Son, ✠ and the Holy Spirit.

R. Amen.

P. Go in peace.

R. Thanks be to God.

BREAKING OPEN THE WORD

SALT AND LIGHT

Today's Gospel continues with Matthew's teaching in the 'Sermon on the Mount'. After identifying the disciples' blessedness in all kinds of situations with which the Gospel audience would be familiar, Matthew now highlights two images with which they can identify: salt and light. 'You are the salt of the earth' (5:13) and 'You are the light of the world' (5:14).

In Matthew's world salt was an important commodity and valuable trading product. It was used in cooking and for preserving foods (meat and fish) before refrigeration. Salt was shipped across the Mediterranean Sea and then carted into all of Rome's provinces along specially built salt roads. Salt's need was universal and, in times of scarcity, so precious that it became a means of bartering and currency substitute, hence the modern term 'salary'. But there is one quality of salt scarcely known. In a world of outdoor ovens with little or no wood to fire them, salt was mixed with dung to produce the chemical reaction that created the necessary heat required for baking bread. In Jesus' reminder to the disciples that they are the 'salt of the earth', he is speaking more than about them being agents of preservation. Their presence in the Greco-Roman world meant at times that they will find themselves in disagreeable situations. These times requires fidelity or 'saltiness'. Their capacity to engage their world will also make them the 'light of the world'. The richness of these two metaphors, salt and light, finds their realisation with us, Jesus' contemporary disciples.

FR MICHAEL TRAINOR

A SERVICE OF THE SOCIETY OF ST PAUL

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WELCOME TO ST GREGORY THE GREAT—DONCASTER

Fifth Sunday in Ordinary Time (A)

7 / 8 February 2026

Parish Office:

Hours: Mon—Fri 9.00am to 3.30pm

Tel: 9412 8425

Email: doncaster@cam.org.au

Website: <https://www.stgregs.org.au/>

Parish Priest: Fr. Charles Balnaves

Assistant Priest: Anton Aseervathampillai

Business Manager: David Hii

Parish Secretary: Mon & Wed: Vera Arief

Tue, Thurs & Fri: Luisa Yambao

Mon: Bernadine De Silva (bookkeeping)

Sacristan: Mary Stocco - Mob: 0412 742 657

MASS TIMES:

St Greg's: Sat Vigil 6.00pm; Sun 9.00am, 10.30am & 5.00pm

Wed & Fri 9.00am followed by Holy Rosary & Eucharistic Adoration

CHILDREN LITURGY: Sunday mornings @ 10.30am

YOUTH MASS EVERY 2ND SUNDAY OF THE MONTH AT 5PM: 8 FEB, 8 MARCH, 12 APRIL

Reconciliation: Saturdays 9.30-11.00am (or by appointment or before/after any Mass but allow time)

Anointing of the Sick before/after any Mass or by appointment

St Kevin's: Sat Vigil 5.30pm; Sun 9.15am; Tue & Thurs 9.15am

"Wash your hands" says my son to his daughter: sensible hygiene is essential at home and at church.

NEXT SUNDAY'S READINGS:

Sixth Sunday in Ordinary Time (A)

Sir 15:15-20, Ps 118:1-2, 4-5, 17-18, 33-34,

1 Cor 2:6-10, Mt 5:20-22, 27-28, 33-34

BAPTISMS: Please ring the Parish Office for bookings

ST GREGORY THE GREAT CATHOLIC PRIMARY SCHOOL:

Tel: (03) 9848 4483

Email: principal@sgdoncaster.catholic.edu.au

PARISH SACRAMENTAL PROGRAMS:

Email Margaret O'Donnell at margaretodonnell@gmail.com

CHRISTIAN MEDITATION GROUP:

Wednesdays at 9.45am in the church meeting room

Contact Paola Cheng 0415 280 216

CORNERSTONE YOUTH GROUP: 3rd Fridays of the month 7.00pm-9.00pm

YOUNG ADULTS GROUP: 4th Fridays 7:15pm—9.30pm

ST VINCENT DE PAUL CONFERENCE: 3rd Mondays 7.00pm in the School Parish Room

ST GREGORY'S TENNIS CLUB: Membership enquiries: Gianna Alessio (President) 0438 410 506

Words from the desk of the PP:

Alpha: Please keep all the Alpha guests and leaders in your prayers as we go forwards with this, for us, large group of about 50 guests including some who are not Catholic. It is intriguing who each person gains something different from the conversation over dinner, the movie about some aspect of who Jesus is and what he means, and the discussion after. We are unique and Jesus speaks to us and invites us uniquely. It can be a challenge, but a rewarding one, to accompany people as they hear Jesus calling – without trying to give them 'my' answers all the time. There comes a time to talk about the deeper things of faith and theology and dogma and practice – but journeying with people as they come to know the invitation from Christ, that is at the beginning and is relevant in some way even for those who are, as they say, 'cradle Catholics' – journeying with Jesus to explicitly meeting him is worthwhile for everyone.

Short Break: I spent Monday to Friday in New Zealand – well Monday afternoon to Friday lunchtime. A lovely time of quiet and walks in balmy beautiful weather – cool at night and warm rather than hot during the days. Delicious weather.

Three or four hours of walking each days amidst the mountains around Arrowtown, just north of Queenstown in the south half of the South Island of New Zealand. Amidst, I will stress, no ON – not climbing mountains but wandering through the valleys. Very gentle walking indeed but invigorating, and quite tiring too.

I stayed with friends of long standing, related by my school friend Michael who died some years ago.

Our conversations as we walked and as we sat over breakfast, lunch and dinner were filled with an intertwining faith things and reminiscing about shared moments from the past.

Catching crabs on the rocks at Mossy Point on the south coast of NSW. Running across the rocks with bare feet or if oyster shells were apparent wearing a pair of thongs. My balance was more sure in those days and my feet well calloused from walking everywhere most of the time in bare feet (outside school hours). Climbing the pinnacle ... isn't it interesting how some memories are strong for others but not for oneself – my friend had clear memories of this effort with her sisters and others in tow – I have only a cloudy memory. Perhaps that was one of those days when I raced on ahead – alone – and failed to gain the benefit of a shared experience.

Sharing experiences of death and grief and how Christ makes a difference in so many ways. Exchanging stories of how parish life can be enlivened and how people can be drawn into greater faith when the celebration of Mass is surrounded by a rich and extensive and vibrant set of gatherings and actions and activities where people get to know each other and help each other. And how fragile this can be when it is grounded in just a few people.

Lots of talking about leadership in parishes and how developing people to take up leadership in their faith lives is absolutely vital. It is what Jesus spent a lot of time doing. It is what this weekend's Gospel is about – be salt for the earth and a light on the hill. Leadership in faith is not about everyone trying to be 'top dog' – indeed it is the complete opposite: it is about everyone seeing the contribution they can make to parish / community / faith / Christian life and taking responsibility for it by living the Beatitudes – starting with the central pair: hunger and thirst for righteousness (God's way) and doing so with Mercy. And ... allowing that the rest of the beatitudes follow on from living those.

Jesus calls me and you – each of us – to live our faith actively and intentionally and take responsibility for that in harmony with and in concert with and in unity with those around us in parish life.

Enough – that afternoon is wearing on this Wednesday afternoon as I relax and wait for another friend to arrive.

God Bless, Fr Charles.

Please pray for: Those who are sick at this time including Mary S.N Wong, Yuet Sim Chow, Jason Shum, Katica Puhaj, Camilla Banon, Michael Armenio, Elmo Silvapulle, Anna Ziglianis, Anna Ng, Monia Iaconi, Chee Mee Lian, Emmly Luethamphakdee, Priscilla Cheng, Michael Mullens, Siv Cuasay

and for those who died recently

Lachlan Shackleton-Fergus

and for those whose anniversaries occur

about now Manuepillai Wilfred Rajanayagam,

Louise & Karim Kahwagi, Anthony Haggar, Mary

Cilia, Franco Formica

In Our Thoughts and Prayers



Lourdes Day Mass

Parishioners are invited to attend the annual Lourdes Day Mass at St Patrick's Cathedral, on Saturday, 14th February 2026 at 10.30am. This is a special occasion to pray for our sick, infirm and elderly and those who care for them. The principal celebrant at the Mass will be His Grace, Archbishop Peter Comensoli. Tell your friends about the Mass, especially those who aren't well. In fact, bring them along. A poster about the Mass is on display in the narthex of the Church.



Fr Charles' Prayer Intention for this week:

For those whose lives are filled with uncertainty: that they will open their hearts to God's guidance through the Holy Spirit.

St Gregory's is committed to growing a Child Safety Culture with Love

THIS WEEK

Sat 6.00pm
 Sun 9.00am
 Sun 10.30am
 Sun 5.00pm

LECTORS

Noel & Cathy McClelland
 Jacqueline Rogers, Chris Perera
 Amanda Stefanovski, Tony Ting

YOUTH MASS**CARE OF THE CHURCH:** Mary Wilson**MONEY COUNTERS:** Josie Masters**NEXT WEEK 14/15 Feb**

Sat 6.00pm
 Sun 9.00am
 Sun 10.30am
 Sun 5.00pm

LECTORS

Gerard O'Donnell, Robert McHugh
 Philip Dunlop
 Aidan Leung, Karen Chay
 Nat De Silva, Stephanie Ong

CARE OF THE CHURCH: Mike Yambao, Avindya Fernando**MONEY COUNTERS:** Philip Dunlop, Marian See**COMMUNION MINISTERS**

Frances Cannizzo, Margaret O'Donnell
 Tony Nimmo
 Nuccia La Rocca, Behnaz Behmadi, Dai Sim

YOUTH MASS**MORNING TEA:** Maggie & Andrew**FLOWERS:** Geraldina Donato**COMMUNION MINISTERS**

Noel & Cathy McClelland
 Margaret Wallace
 Agnes & Fred Fulia, Rob Rukavina
 Catherina Gioffre, Judy Ablaza

MORNING TEA: Mary & Jonathan**FLOWERS:** Le Nguyen

For those who are Coeliac, we can provide low gluten (<20 ppm) hosts or a separate chalice. Please let the priest or sacristan know your need.

St Gregory the Great Catholic Primary School

(03) 9848 4483 principal@sgdoncaster.catholic.edu.au

For School Tours and Open Days visit

sgdoncaster.catholic.edu.au

Parish Facilities: The Tennis Club Room and Courts, Parish Hall and Parish Room are available.

Room bookings can be made:

St.gregoryhall3108@gmail.com



SAVE THE DATE
LUNAR NEW YEAR CELEBRATIONS
& WELCOMING NEW SCHOOL
FAMILIES TO OUR PARISHES
 Enjoy a special Lion Dance performance!
 Sunday, 1st March 10.30am Mass followed by celebrations in the Oval.



Ways of Giving—
Thank you for your generosity and continuous support!

Scan and Give
 Scan this code with your phone camera and donate directly to our church. Choose Payment for Church Donations. It's simple and secure.

Give by Contactless
 Use our Eftpos Machine located in the church Narthex. You can donate with: a debit/credit card. It's simple and secure.

Touch of Heaven
Alan Ames Minsitry
Mass, Talk, Healing
TUE 10 FEB 2026
6:30 PM: Rosary
7:00 PM: Mass followed by Alan Ames talk and healing ministry



ST GREGORY'S CHURCH
396 Manningham Rd, Doncaster VIC

Who is Alan Ames?
 Alan Ames, born in London in 1953, lived a violent life before a profound conversion in 1993 after moving to Australia. Experiencing Jesus' forgiveness, he returned to the Catholic Church, where his life was transformed. Since 1994, Alan has travelled worldwide witnessing to God's mercy and love.

Alan has a charism of healing and other gifts of the Holy Spirit, which have been documented by priests and bishops. His ministry, which bears fruits of healing, conversion, and hope, has the written support of all three bishops of Perth, including Archbishop Timothy Costelloe SDB. He has spoken at World Youth Day 2002 and at major Christian holy sites, and his book *Through the Eyes of Jesus* has been translated into several languages.

INFO:
 Bernadette 0407 007 708
 or Divine Mercy Publication 03 9830 4386

Parish Notice – Email Scam Alert
 We have been informed of a fraudulent email circulating that appears to come from Doncaster Parish. Please be assured this message did not originate from us. If you receive it, please do not open any links and delete the email. Thank you for helping keep our parish community safe.

Sacramental Preparation Classes
 Catholic children who do not attend our parish school are invited to participate in programs to prepare for the Sacraments of Reconciliation, Eucharist or Confirmation. For further information parents may contact the parish office on 9412 8425 or by email on margaretodonnell@gmail.com There will be an information session on Tuesday, 17th February at 4.30pm in St Gregory's Parish Church. Specific details for celebrating each sacrament will be made available at that meeting. Please bring this information to the attention of any families you know who may wish to avail of this opportunity.

Lenten Prayer Groups
 Lenten prayer and discussion groups will be held on Mondays from 7pm-8.30pm in the Parish room of the school. They will run for the 6 weeks of Lent starting on Monday 23rd February & ending on Monday, March 30th. The theme for this year is "*Compassio*" (to suffer with). Lent is a grace-filled invitation to stand with Jesus and with one another as we journey through the season. We warmly welcome you to join in these Lenten discussions and ask that you please sign on the sheets provided so that we know how many to cater for. Each participant will be provided with a beautiful "*Compassio*" booklet which includes Art works as well as daily reflections and prayers to help us journey through Lent. For further information please call Margaret O'Donnell 0402 838 754 or email margaretodonnell@gmail.com

St Kevins & St Gregory's Parish Seminars Lent 2026
 Celebration of the Mass is our central action of worship wherein we seek a close communion with God and our community. All are welcome to attend the two sessions which are to be held during Lent this year. Our Parish Pastoral Councils have invited **Fr. Frank O'Loughlin, retired priest, author and theologian**, to lead us in better understanding the structure and purpose of the Mass as the central act of faith in our Catholic tradition.

Session 1:
Exploring the fundamental shape of the Mass.
 Sat Feb 21 10.00am to 1.00pm.

Session 2:
Gaining a richer understanding of the Mass.
 Thu March 5, 7.00pm to 9.00pm.

Both sessions will be held in St Gregory the Great Church gathering space to ensure we have a relaxed space that is large enough for all of you to come.

Christian Meditation
 Group resumed on Wednesday 4 February at 9:45am.
 Contact Paola by SMS on 0415280216 or Terry on 0402307384.

Father Frank will provide a rich encounter with the Mass and put into context your important role within it. He is an engaging presenter, willing to discuss any questions you may have. His presentations and his answers arise from his experience as a priest, a renowned theologian, and an adult educator. He has researched and taught in the areas of fundamental theology, sacramental theology & liturgy in the Archdiocese of Melbourne for the last 50 years. In recent years he has published several books.