



1876 – 2026

150 YEARS



WE THE PARISH OF BENALLA ARE WORKING TOWARDS BEING A WELCOMING, SUPPORTIVE COMMUNITY, WHICH ENCOURAGES ACTIVE PARTICIPATION IN OUR LIFE. RECOGNISING AND RESPECTING THE UNIQUENESS OF EACH INDIVIDUAL, AS WE JOURNEY IN LIVING OUT JESUS' GOSPEL MESSAGE.

We acknowledge the custodians of the land of the Yorta Yorta Nation which, includes the eight clan groups. We also acknowledge the Taungurung clan of the Kulin Nation whose lands are within our parish. We remember their ancestors with respect and commit ourselves to a better future through reconciliation and justice.

Fifth Sunday in Ordinary Time

8 February 2026



Readings for this week: Isaiah 58:7-10
1 Corinthians 2:1-5
Matthew 5:13-16



Readings for next Sunday: Ecclesiasticus 15:15-20
1 Corinthians 2:6-10
Matthew 5:17-37

FIRST READING

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.

He is a 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.**

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.** 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

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

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.'

REFLECTION

In today's readings, God reminds us that faith is not only something we believe but something we live. In the first reading from Isaiah, true worship is shown through kindness, generosity, and care for those in need. God tells us that when we share our bread with the hungry and help the oppressed, our light will rise in the darkness. Love lived out becomes a powerful witness. In the second reading, Saint Paul speaks of humility. He does not rely on clever words or human wisdom but on the power of God. Paul teaches us that faith grows not through pride or show, but through trust in God and openness to the Holy Spirit. Our strength as believers comes from God, not from ourselves. In the Gospel, Jesus calls us the salt of the earth and the light of the world. Salt gives flavour, and light helps people see. Jesus invites us to make a difference by the way we live—through good deeds, kindness, honesty, and compassion. Our lives should quietly point others to God. Together, these readings remind us that faith shines brightest when it is lived with humility, love, and care for others. When we live this way, we truly become light for the world. God Bless always, Fr Vijay



REGULAR MASS TIMES

Weekends – Saturday 6pm. Sunday 9.30 am, Weekdays – Tues to Fri 9.15 am

Please note: Parish Office will not be open this coming Monday 9 February

Thoon Mass – Third Sunday of each month, 12 noon



WE ARE COMMITTED TO THE NATIONAL CATHOLIC SAFEGUARDING STANDARDS

St Joseph's Parish is a Child Safe Parish, and we are committed to the wellbeing and dignity of all children and vulnerable adults.

The Diocese of Sandhurst Safeguarding Committee is part of the structure under the National Catholic Safeguarding Standards, which is designed to be implemented by Catholic entities across Australia. Any questions, queries, comments or suggestions are welcomed by the Safeguarding team who can be contacted through the Parish House by phone or email. St Joseph's Parish Child Safe Officers - Xavier O'Kane and Cath Duncombe 0423 203 154

Parish Priest: Fr Vijay Bandanadam, Parish House: 42 Arundel St, Benalla 3672. Fr Vijay's Mobile: 0435 006 171 Parish House Phone: 5762 2060

www.catholicparish.app>benalla Office Email: benalla@sandhurst.catholic.org.au, Fr Vijay's Email: frbasuoss@gmail.com

For donations/planned giving bank transfers BSB: 083543 Account No: 457724666 Reference: Your name

World Day of the Sick 2026

On Tuesday, 20 January 2026, [Pope Leo XIV's message](#) for the World Day of the Sick 2026, entitled "The compassion of the Samaritan: loving by bearing another's pain", was presented at the Holy See Press Office.

In his message, the Holy Father takes up the parable of the Good Samaritan as a central image of Christian charity: to truly love means to stop, to draw near, and to care for those who suffer. Compassion, in fact, is not only a feeling but translates into concrete gestures and shared commitment, particularly towards the sick.

FR VIJAY – ON LEAVE

Dear Parishioners,

It is that time of the year again and I am taking a shorter break to India and to my Society, Holy Spirit Fathers and family this year. I will leave on February 9th and return home on February 27 away for two weekends. Father Joe Taylor will help out while I am away and anyone who could offer him hospitality on the two Saturday nights for a meal, it would be appreciated. Just contact me or the Parish office. I will say a special mass for you all at Holy Spirit Fathers (Provincial House). Yours in Christ. Fr Vijay.

Prayer For Safe Travel to St Christopher

O Glorious St. Christopher you have inherited a beautiful name, Christ-bearer, as a result of the wonderful legend that while carrying people across a raging stream you also carried the Child Jesus. Teach us to be true Christ-bearers to those who do not know Him. Protect all of us that travel both near and far and petition Jesus to be with us always. Amen.

PRAYERS FOR RECENT DEATHS:

Esmae Dries-Barnes (Niece of John Diering), Brigid Chalmers (daughter of Brian & Una Harrington) and John Dale

ANNIVERSARIES: Gary Nicholls, Margaret Bednarz, Penny Welsh, Margaret Patricia Mary Firth, Betty McCauley, Stan Green, Ellie Sharp, Sid Chanter, Liz Fiske, Dalton Fiske, Geoff O'Shea, Desmond Evans and Patrick Boyd

WE PRAY FOR THOSE WHO ARE SICK:

Skyler Levy, Susan Fitzgerald, Tracey Welsh, Elizabeth Waters, Anne Ryan, Duncan Carradice, Margaret McCrohan, John Downie and Frank Leveque

150 Years of Benalla Catholic Parish Jubilee Prayer

Loving God, we praise and thank You for the gift of 150 years of faith, hope, and love in Benalla Catholic Parish, within the Diocese of Sandhurst.

We remember with gratitude all those who came before us—the pioneers, priests, religious, and faithful people who built this parish through prayer, sacrifice, and trust in You. May their lives inspire us to remain faithful witnesses of the Gospel.

We place our parish under the gentle care of St Joseph, our patron and protector. Teach us, like him, to listen attentively to Your will, to serve with humility, and to live with courage and quiet faith.

As we journey toward our Jubilee celebration, renew our hearts and deepen our unity as one parish family. Strengthen our commitment to prayer, service, and mission, so that we may joyfully pass on the faith to future generations. Bless our families, our young people, the elderly, and the sick. Guide our leaders and all who serve in this parish.

May this Jubilee be a time of renewal, gratitude, and hope, as we continue to walk together in Your love.

We ask this through Christ our Lord.
Amen.



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COOKS KERB CONCRETE EXCAVATION PHIL & DEBBIE COOK 0409 950 046	 Funeral directors Phone: (03) 5762 2461 EEEHAN FAMILY Est. 1938- AFDA Member 81 Baddaginnie Road, Benalla	

WEEKEND VOLUNTEER ROSTER

Date	Times	Laptop	Commentator	Reader	Eucharist	Offertory
7 Feb	6.00pm	Sr Liz	Vince Brannigan	Cath Duncombe	Maureen Murphy	K & S Chacko
8 Feb	9.30am	Ryan Miguel	Norma Pelly	Oliver Raschke	Victor Nduka	P & J O'Brien
14 Feb	6.00pm	Sr Liz	Cath Duncombe	Clare O'Brien	Janene Humphries	K Elliott & Volunteer
15 Feb	9.30am	Ruth Jelliff	Anne McLeod	James Flynn	Denise O'Brien	T & N Pelly