

Star of the Sea Parish South West Coast

★ Infant Jesus, Koroit ★ St Patrick's, Port Fairy ★ St Anne's, Purnim ★ St Joseph's, Warrnambool ★
★ Our Lady Help of Christians, Warrnambool East ★ St Pius X, Warrnambool West ★

CONTACT THE OFFICE

(03) 5562 2231
southwestcoast@ballarat.catholic.org.au
9.00am to 4.00pm, Monday to Friday
PO Box 104, WARRNAMBOOL VIC 3280

<https://www.catholicparish.app/southwestcoast>
www.facebook.com/southwestcoastparish

PARISH PERSONNEL

Parish Priest	Fr John Fitzgerald
Assistant Priest	Fr Matt Restall
Business Manager	Bruce Keeley
Accounts Manager	Louise Dryburgh
Maintenance	James Cronin
Admin Team	Karen Johnson Virginia Martin Trisha McGinness

SCHOOL PRINCIPALS

St John's Dennington	Ben van de Camp
St Patrick's Koroit	Tegan McDonald
St Patrick's Port Fairy	Tarryn Delaney
St Joseph's W'bool	Nick Murrell
St Pius X W'bool West	Tristan Fay
OLHC W'bool East	Stephen Madden
Emmanuel College	Rachel McGennissen

WE ARE A CHILD SAFE PARISH

Star of the Sea Parish adheres to the Child Safe Standards of Victoria. Our policies are on display in each Church and website.

Parish Safeguarding Officers:

Infant Jesus, Koroit	Leisa McCosh
St Patrick's, Port Fairy	Peter Sanderson
St Joseph's, W'bool	Jill Haberfield
St Pius X, W'bool West	Karen Johnson
OLHC, W'bool East	Dion Bartlett

ACKNOWLEDGEMENT

We recognise the traditional custodians of parish lands. We acknowledge their ancestors with respect and we are committed to working for justice and reconciliation.

7/8 February 2026

5th Sunday in Ordinary Time

Lent a Forty Day Journey to Easter

8 February Rite of Naming (10:30am Mass at St Joseph's)

18 February Ash Wednesday

21 February Rite of Election - St Patrick's Cathedral, Ballarat at 12:30pm

NB: Lent is a special time for all Christians as we journey with our community and with Christ to the great Event of Easter - the three-day feast.

- The season has special significance for the adults and children preparing to be baptized or to be received into the Catholic Church.
- During Lent there will be opportunities in the parish for group reflection, devotion and personal prayer.
- Lent is a penitential season of prayer, self-denial and helping others
- Project Compassion plays a significant role during the Lenten Season... it makes us aware of the need of others throughout the world

1 March (Sun) Teddy Bears Picnic (See overpage/notice boards)

2 March (Monday) Mass of Thanksgiving re: Bishop Paul Bird's retirement at St Patrick's Cathedral, Ballarat at 7:00pm

6 March (Friday) World Day of Prayer at OLHC at 2:00pm

19 March (Thursday) The Ordination & Installation of Fr Mark Freeman as the ninth Bishop of Ballarat at St Patrick's Cathedral, Ballarat at 11:00am

Holy Week

29 March Passion (Palm) Sunday

30 March (Monday) Mass of the Oils St Patrick's Cathedral, Ballarat at 1:00pm

The Easter Tridium

2 - 4 April (Holy Thursday, Good Friday and the Easter Vigil)

Stations of the Cross

7:30pm **Fridays during Lent** at St Joseph's Church

6:00pm **Fridays in March** at St Patrick's Church Port Fairy. Followed by Fish (\$10) and Chips (Free)

'Our Hearts on Mission' booklets are helpful for personal or small group reflection and are available at the Office for \$8.00

Ash Wednesday 18 February



'The Chosen' movie night at 8:00pm on Friday evenings in February at St Pius X.

St Pius X: Prayer Group -Tuesdays at 1:15pm beginning with rosary in the Chapel.

Cuppa after Mass on 15 Feb. Any volunteers warmly appreciated.

OLHC: Holy Hour: Mondays at 10:00am

St Joseph's: 'Cuppa' today after 10:30am Mass

The Ministry Roster is available in the sacristy porch.

Infant Jesus: 'Mothers who pray for their Children' have resumed meeting at Infant Jesus on Friday mornings at 10:45am

New Mass Roster commencing 15 Feb available in the sacristy.

Rosary: Month of February OLHC on Mondays at 7:00pm.

Parish Leadership Teams - Meetings

St Patrick's: Tuesday 10 February 7:00pm

Infant Jesus: Wednesday 11 February 7:00pm

St Joseph's: Wednesday 11 February 5:00pm

Baptisms: This weekend we welcome Matilda & George Alldis into our faith community.

Portuguese Mass: Cannon Hill on Sunday 22 February at 11:30am

Vinnies Shop

Volunteers urgently required for St Vincent de Paul Shop - hours to suit. Please contact Danili 5562 5274

A Lenten Retreat Day

Join Anna Schlooz for a retreat day contemplating various Lenten Gospels - incorporating the Arts 'Mission through Encounter'.

St Joseph's Hall 10:00am - 4:00pm Saturday 28 March. See flyers on Church notice boards. Booking: acomyriad@gmail.com

Teddy Bears Picnic

Have you got young children or grandchildren? Join us for a Teddy Bears Picnic at St John's Primary School Dennington, on Sunday 1 March 11.30am to 2.30pm.

Families and extended families are warmly invited to come along and enjoy a relaxed afternoon together. This is put on by the Parish and helps celebrate our wider Parish and School community.

Recent Deaths: John Kowalczyk

Anniversaries: Jean O'Keeffe, Kevin McGrath, Catherine Hare, Frank Keegan, Lucy O'Toole, Mary Healey, Peter Hilliard, Paul Hilliard

WEEKEND MASSES

Saturday Vigil

6:00pm OLHC, Warrnambool East

Sunday Morning

9:00am Infant Jesus, Koroit

9:00am St Pius X, Warrnambool West

10:30am St Joseph's, Warrnambool

10:30am St Patrick's, Port Fairy

6:00pm St Joseph's Warrnambool

*11:00am St Anne's, Purnim

2nd Sunday of the month (Eucharist)

*All other Sundays

Assembly of the Word with Communion

SACRAMENT OF RECONCILIATION

Tues	5:10pm St Pius X
Sat	9:40am St Pius X

WEEKDAY MASSES

Tues	5:30pm St Pius X
Wed	10:00am St Joseph's 11:00am Mercy Place
Thur	9:15am St Pius X School Mass 10:00am OLHC School Mass 2:15pm Infant Jesus School Mass
Fri	10:00am St Joseph's School Mass
Sat	10:00am St Pius X

Prayer for February

For children with incurable diseases:

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

Baptisms

An information session takes place at 7:00pm on the second Tuesday of the month in the Gathering Space at St Joseph's.



Next session: Tues 10 Feb 2026

To book please call 5562 2231

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

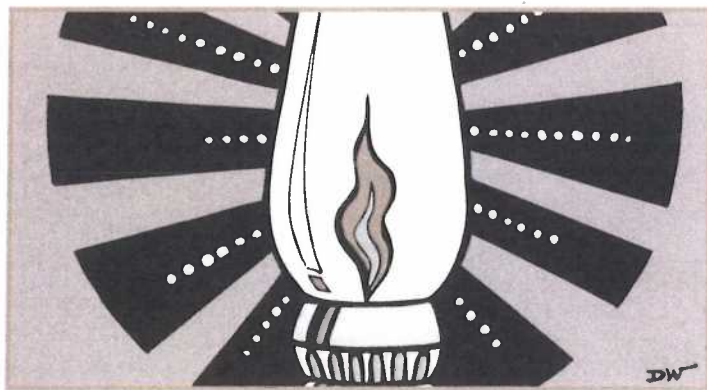
A reading from the holy Gospel according to Matthew.

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.



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Breaking Upen 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

THE SAVING WORD

FIFTH SUNDAY IN ORDINARY TIME / A

8 FEBRUARY 2026

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.

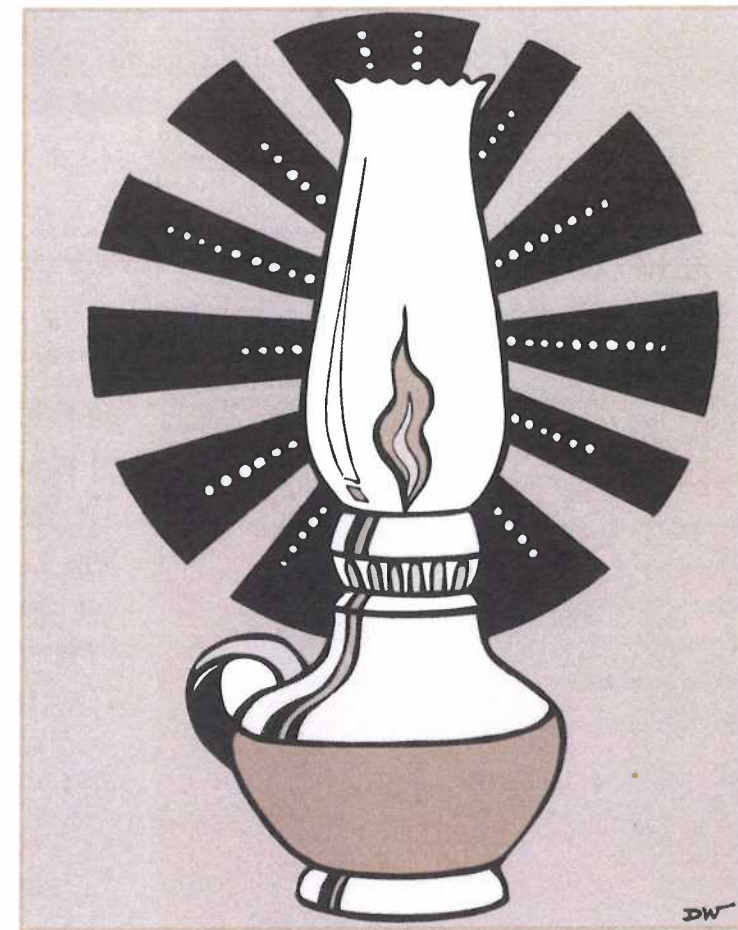
■ The word of the Lord.

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.