

# OUR LADY OF THE WAY PARISH, EMU PLAINS

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*What does the Lord require of you but to act justly, to love tenderly, and to walk humbly with your God.” Micah 6:8*

## Sunday, 8th February, 2026 Fifth Sunday in Ordinary Time. Year A

Welcome to the celebration of the Mass.

### **Entrance Antiphon** *Psalm 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.

### **First Reading** *Isaiah 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 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** *Ps 111:4-9. R. v.4*

**(R.) A light rises in the darkness for the upright.**

1. 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.)**

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 Corinthians 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.

## **Gospel Acclamation.** [John 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.** [Matthew 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.'

## **Communion Antiphon** [Cf Psalm 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.

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## **Discover Your Gifts - Called & Gifted**

Are you wondering - How can I know and follow Jesus' plan for my life? What special gifts has God given me? How can I go deeper in my faith journey?

If the answer to any of these questions is "yes", then the Called & Gifted Discernment Process (C&G) may be for you. C&G helps Christians recognise the unique charisms, or spiritual gifts, that they have been given in order to represent Christ and be a channel of God's goodness for others. St Finbars Parish Glenbrook will be running C&G over six sessions beginning Tuesday 24 February. For more information see the flyer in the foyer, or call Dan Kensey on 0403 995 620. The cost is \$100 per person.

**Rosary Making Workshops:** To register and for more information, please visit [parracatholic.org/rosary-workshops](http://parracatholic.org/rosary-workshops)

**Rosary Making Workshop**

ST NICOLAS OF MYRA PARISH PENRITH  
LEARN HOW TO MAKE ROSARIES TO BE  
DONATED TO THOSE IN NEED

FEBRUARY 26TH, 2026  
AT 7:00 PM - 8:30 PM

\$ 5.00  
/PERSON

**REGISTER NOW**

0460 037 795  
OFW@PARRACATHOLIC.ORG

**Let us pray:** We pray for those recently deceased, and for those whose death anniversaries are at this time. We pray that their families find comfort in the fact that they are safely in the arms of their loving Lord. We also pray for all our brothers and sisters in our community who are unwell, especially, David Finn, Karen Allen, Julie Young, Gabriel Manouk, Ray Dukes, Danko Caran, Sean Murray, Franco Di Napoli Laurie Doohan, Linda Hicks, Michelle Gardam, Bradley Gardam, Cecilia Fanning, Kathleen Bell, Michelle Hadden, Cohen Hadden, Peter Joseph Apap, Sr Patricia Holligan, Greg Pigott, Bob Scott, Deacon George Bryan, Kaye Bryan, Desley Mulock, Pauline Balkin, Mary Gayed, Shirley Harman, Dot Gray, Lucy Mikosic, Bernadette Hoolahan, Elisabeth Robens, Marion Betker, Maddie Millard, and Trish Devoy. If you, or a family member needs prayers, please contact the parish office on 4735 1041.



## Parish Notices:

**CONGRATULATIONS** to Paul and Connie Bennett who celebrated their 60<sup>th</sup> Wedding Anniversary on Thursday. May God bless you abundantly.

**Ash Wednesday Mass times, Feb 18:** 9am and 6pm

**Please return your palms** to the church by Tuesday morning, Feb 17, to be burned for Ash Wednesday.

**Cuppa and a Chat:** Resumes this weekend: Sat 7<sup>th</sup> Feb after 6pm Mass and then Sunday 8<sup>th</sup> February after 9:30am Mass. All welcome!

**Wrap with love knitters group** meets on Thursdays from 9am -12pm in the parish hall. For more information, please contact Judy Prendergast (0407101254).

**Playgroup:** Playgroup meets every second Tuesday (during school term) at 10am in the parish hall. *Next playgroup will be on 10th February 2026.*

**YOUTH GROUP is BACK!** Our Upper Primary (Yrs 4-7) youth group returns this **Fri 13<sup>th</sup> Feb, 7-8.30pm.** Join us for a night of **fun with games, YouTube, prayer and craft activities.** Don't forget to bring your friends - new faces are always welcome. Parents need to sign their children in and out. For more information, contact the parish office on 47351041.

**Sacramental News:** The preparation program for the **sacrament of reconciliation** starts on Wednesday 11<sup>th</sup> February. If your child is in year 4 or above and you would like them to receive this sacrament, or require more information please contact the parish office. The dates for the program can be found on the notice board in the church foyer.



Donation envelopes and boxes are now available from the rear of the church. Thank you for *Uniting Against Poverty* with us this Lent.

### Readers/ Commentators roster:

Dates:	6.00pm	8.00am	9.30am
<b>Feb 7/8</b> 5 <sup>th</sup> Ordinary	C: Bellinda Henderson R: Sue Schembri Stevenie Harman Debra Gleeson JS 1: Josie JS 2: Felicity	C: Maria Sirotti R: Paul Devlin Mark Norbury Barbara Ryan JS1: Ottavia JS2: Rocco	C: Denise Robens R: Marianne Castor <b>Deacon Batsirai</b> John Cowen <b>Beth Nowland (Visit)</b> JS 1: Jonah JS 2: Nicholas
<b>Feb 14/15</b> 6 <sup>th</sup> Ordinary	C: Trish Ryan R: Phillip Youngman Stevenie Harman Michael Manton JS 1: Alex JS 2: Ottavia	C: Kevin Balkin R: Paul Ryan <b>Deacon Batsirai</b> Mary Marsh JS 1: Elizabeth JS 2: Jacob	C: Joanne Hamilton R: Lisa Samojlowicz Lara Roser Connie Reid <b>Rebecca Carberry (Visit)</b> JS 1: Nicholas JS 2: Hugo

## OLOW 2026 Lenten Reflection Program.

**VENUE:** Church. **TIME:** 5:30pm – 6:30pm

**DAY:** Friday

	DATE	THEME
Week 1	20/02/26	Faith and temptation
Week 2	27/02/26	Faith and prayer
Week 3	06/03/26	Faith and life encounters
Week 4	13/03/26	Faith and spiritual blindness
Week 5	20/03/26	Faith and trust
Week 6	27/03/26	Faith and self-sacrifice
Week 7	28/03/26	<b>DAY RETREAT</b> (Sat, 11am-5pm)

This Lenten season let us journey together in preparation for Holy Week. We will be meeting every Friday for Bible reading, reflection and prayer, using the Wollongong Diocese Lenten Reflection Booklet "**Compassio**". Those who wish to order the Booklet can contact the Parish Office- the cost of the booklet is \$5.00. You can still order the Booklet even if you are not attending the reflection meetings. **You can choose to attend the weekly sessions, or the day retreat, or both.** To register, please contact the Parish Office on 4735 1041 or email [emuplains@parracatholic.org](mailto:emuplains@parracatholic.org). Alternatively, there is a sign-up sheet at the rear of the church.

**Catholic Care Food Appeal 2026:** Our monthly food drive for 2026 will take place *next weekend 14/15 February*. The most frequently asked for items are more pasta sauces or crushed tomatoes, as they receive plenty of packs of pasta but not enough to go with them. There are also requests for tinned fruit and coffee, canned meat and fish and small snacks. *Thank you* once again for your very generous response

**Communion for the Sick:** If you, or a family member is sick, or no longer able to attend Mass and would like communion in the home, please call the office on 4735 1041.

**Parish Planned Giving:** 2026/2027 envelopes are now available for collection at the rear of the church. Contributions from parish planned giving, or our second collection, goes towards the running of the Parish, eg utilities, wages, church and altar requirements, priest's vehicle, maintenance, office supplies and the sacramental program. If you would like to contribute, you can do so via the envelopes, direct debit or monthly credit card payments. Please contact the Parish Office on 4735 1041 for more information.

## **Parish Information**

**Parish office open Tuesday to Friday from 9:00am to 3pm. (ph: 4735 1041)**

Parish priest: Fr Michael G. Gathuku  
Deacon: Batsirai Maringehosi  
Parish Office Administrator: Joanne Hamilton  
Sacramental Co-ordinator: Cate Kensey  
Our Lady of the Way principal:  
Phillip Kapitanow (ph: 4777 7200)  
Penola Catholic college principal:  
Peta Sparkes (ph: 4728 8100)  
CathWest Innovation College principal:  
Paul Stenning (ph: 02 8886 9500)  
St Vincent de Paul Contact Centre:  
For assistance call 1800 606 724.

## **Weekend Mass times:**

Saturday 6 pm, Sunday 8am, 9:30am  
Filipino Mass-3<sup>rd</sup> Sunday of the month:12pm

**Weekday Masses: Amended Jan 6- Feb 13**

**No Tuesday 6pm;  
Wednesday, 9am Communion Service  
Thursday, and Friday 9am Mass**

Adoration of Blessed Sacrament at 8.30am  
Thursday before Mass. Benediction last  
Thursday of the month.

First Fridays of the month – healing Mass.

**Reconciliation: Saturday 5pm.**

**Sacraments:** baptisms and weddings by  
appointment. Please contact the parish office  
([emuplains@parracatholic.org](mailto:emuplains@parracatholic.org)) for information  
on reconciliation, communion and confirmation.

## **Diocese of Parramatta Notices:**

**FaithLIFE Scripture Short Course: Begins 10 February** FaithLIFE Scripture offers a 3-session Catholic Bible study and faith formation short course on how to engage with the Bible through the Catholic tradition during turbulent times. The program will run on Tuesday 10, 17 and 24 February at Our Lady, Queen of Peace Parish, Greystanes, from 7pm to 9pm. The program is facilitated by Scripture scholar Dr Michele Connolly RSJ and is open to adults of all ages and supports ongoing adult faith formation. To register, visit <https://parracatholic.org/events/faithlife-scripture-session-1/>

**Diocesan World Day of the Sick: 11 February** A Mass for the World Day of the Sick, including the Sacrament of the Anointing of the Sick, will be held at 11am on 11 February 2026 at St Patrick's Church, Mary, Queen of the Family Parish, Blacktown. All are welcome, including those who may be sick, and those who care for the sick and dying and health care professionals. To register, please visit [parracatholic.org/events/diocesan-world-day-of-the-sick-mass/](https://parracatholic.org/events/diocesan-world-day-of-the-sick-mass/)

### **When should I complete my Safeguarding Training?**

All Clergy, employees and volunteers in parish ministry are required by the NSW Children's Guardian Act 2019 to be current and complete with Safeguarding Training. Check with your Parish Office when you are due to update your Safeguarding Training.

- If you are new to ministry, you must complete the Introductory Modules 1-3 (Cycle 1).
- If you completed Cycle 1 modules two years ago, you must complete Renewal Modules 4 and 5 (Cycle 2)
- If you renewed your Cycle 2 two years ago, you must complete a Refresher Module 6 (Cycle 3)

Safeguarding Training Modules can always be completed online at <https://learning.safeguarding.org.au/>.  
Face-to-face training opportunities can be found  
at <https://parracatholic.org/connect/events/?series=safeguarding-training>.

## **Feast days of the week:**

Feb 9th – Bl. Anne Catherine Emmerich  
Feb 10th – St Scholastica  
Feb 11th – Our Lady of Lourdes  
Feb 12th – St. Damian  
Feb 13th – St. Julian of Lyons  
Feb 14th – St. Valentine

## **Parish bank details:**

If you would like to support our priest and church financially through **online banking:**  
Name: Emu Plains Catholic church  
BSB: 067 950  
Account Number: 00000289