

REFLECTION for Fifth Sunday in Ordinary Time

Fr. Don

'You are the salt of the earth, you are the light of the world.'

Like last week, this message comes from the Sermon on the Mount. So, it provides encouragement for us in living good moral Christian lives. But what in God's name does it mean to be salt and light? For to be a true disciple of Jesus we must become just that. But how?

In order to find out how, we go to church, we pray, we search to find answers. Faith is a learned behavior. Jesus wants us to figure it out. He chose to teach using parables because his message needed concrete examples. We are free to say: *I have decided to follow Jesus, no turning back, no turning back.'*

Everyday is filled with opportunities to express/live our faith in God and to show the world that there is God. In fact, we never know when our actions might assure someone, whose faith is waning, that God exists. Remember, God uses the oddest of instruments- you and me. We must be ready and willing.

Let us imagine we have this elderly widow living near-by. She lives alone and seldom sees anyone. We could choose to do nothing for her; but that action won't be Christian. So, let's imagine, one day, after a snow-storm, you go over and clear her driveway. You are almost finished, she waves at you from the window and beckons you to come into the house. She has a cup of tea and a bun ready to show her appreciation; she proceeds to thank you and share her thoughts with you. There- you have just become salt, by adding flavor to her day, and light, by enlivening the darkness of her loneliness.

Salt and Light people, we all know a person who can light up a room just by entering it. We know a person who, when some difficult task is being undertaken, assures its success just because he/she is involved. We probably belong to a group, hopefully your local church, where we just feel marvellous to be there. We all know someone who just radiate goodness, whom we thank God for allowing into our lives

Are you that type of person- a Salt and Light person? Do you bring Jesus to others just by being yourself? You can, you must. Today's world has plenty of darkness, plenty of doubters, and therefore, lots of room for Christian action. Too many believe that they must look out for themselves and let others do likewise. We are called to be selfless and not selfish.

Inaction is un-Christian, it darkens the commandment to love our neighbor as ourselves. Undoubtedly, to show compassion, care, mercy, and sacrificial love is counter-cultural. Yes, we are called to sacrifice in the name of love- sacrifice for our close friends and family and, more challenging but more salvific, for others. The Good News is challenging and salvific, but it is quieted in our world. It takes devoted men/women.

And that is a big problem. The mission fields are ripe and ready for the harvesting. More of us are being called to try to put flavor back into the lives of others by being their salt. More of us are being called to expel the shadows of dark and to shine our light. Will we 'put out into the deep?'

Perseverance, that is what is needed. We may be tempted to just give up. Never forget, the devil goes about like a roaring lion. Indifference, cynicism, laziness, and distraction, all work overtime in our minds to turn the true Christian from the path of God. Be that light, be that salt; seek the help of the Holy Spirit. A bonus is that this puts salt and light back into our own lives. It is a win-win, any way we choose to do it.

Sacred Heart Parish



A Stewardship Parish in Love with Christ

Parish Information

Parish Administrator: Fr. Don Leonard

Office Hours: Mon, Wed, Fri 9:00 p.m. to 1:00 p.m.

Tues, Thurs 1:00 pm to 5 pm.

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Weekend Masses: Saturday 4:30 p.m. Sunday 11:00 a.m.

Reconciliation: Wednesday after Mass, or by request

Mass During the Week: Wednesday, Thursday at 7:00 p.m.
Friday at 10 am

Holy Hour of Adoration: Third Sunday of the Month at 2 p.m. at Sacred Heart Church

Marriages: Six months' notice is required. A year's notice is recommended.

Baptisms: Celebrated at Weekend Mass after preparation session.

February 5, 2017

The Fifth Sunday in Ordinary Time

RECEIVED WITH THANKS (Jan 28, 29)

Collection	1,617.00
Bldg. Fund	10.00
Votive Candles	63.00
Dues	60.00
Mass Stipends	30.00

MASS INTENTIONS

Feb 6	No Mass
Feb 7	No Mass
Feb 8	in Thanksgiving
Feb 9	Edna Power
Feb 10	Fr. Bernard Buckle
Feb 11	Cecil Companion/Joe Gallant
Feb 12	Parish Community

LITURGICAL MINISTERS (Feb 11, 12)

READERS	EUCCHARISTIC MINISTERS
Gen Quigley	Gerard Brake, Eileen Moore
Lynette Taylor	Marie Byrne
<i>Communion to Sick</i>	<i>Gerard Brake</i>
Dennis Bruce	Donna Mitchell, Hedy Kenny
John Carroll	Donna Eldridge

OFFICE HOURS

Please make note of the [new Office Hours](#) printed on the bulletin cover.

SINCERE SYMPATHY

Our parish extends condolences and prayers to **Annette Rowsell** on the recent death of her mother **Edna Power**. God bless and comfort your family and may your mother rest in peace.

MASS REQUESTS NEEDED

Right now, we do not have enough requests to complete next week's Mass schedule. So, once again, we invite you to request Masses for your deceased or sick loved-ones. Either call the Office or put your request in your Sunday envelope.

INCOME TAX RECEIPTS 2016

Thank you for your generosity. These are now

available at the back of the church. We have them in envelope number-order. Please try to keep them in order. If there are any discrepancies, they should be reported to the Parish Office.

PARISH BINGO

Our Bingo is this **Sunday afternoon, Feb. 4, at 2 pm** in the School cafeteria. Please spread the news and plan to attend and encourage others to do so as well.

BIBLE STUDY

The group will next meet in the Parish house on **Sunday evening Feb 5 at 7 pm**. We encourage newcomers to join us in 'breaking open the Word of God' as found in the Gospels.

FINANCE COMMITTEE MEETING

Members are asked to meet next Wednesday evening, Feb 8, following 7 pm Mass. We will meet in the parish house. The 2016 4th quarter Financial Report and the 2016 Financial Report will be discussed. Please plan to attend.

WORLD DAY OF PRAYER FOR THE SICK

It is celebrated on **Saturday Feb. 11** this year. This is also the Feast of Our Lady of Lourdes. We have a list of sick people we pray for regularly at Mass. However, on this Day, at our **4:30 Mass**, we invite you to contact us to add names of your sick. This way we can intercede for them on this Special Day for all the sick.

OUR TABERNACLE/ CHOIR RELOCATION

Just to update you; the tabernacle is being refurbished and will be finished and put in place in a few weeks. We have ordered a beautiful granite top for the stand on which it will sit.

With all the necessary electrical work done, both choirs are situated now to the right of the sanctuary. This move was to conform our church space to meet current fire-exit regulations.

THANK YOU

We wish to thank the people who helped us over the last month or so. Those who constructed the tabernacle stand and refurbished the tabernacle, who keep our furnace working, who make our altar linens, who do little things when asked. It is such dedication that will maintain and keep strong our parish church and family. THANK YOU.

CALLING PARENTS OF OUR YOUNG PEOPLE

We are planning to offer a Youth Mass on the last weekend of February. To do this, we require our young people to participate. At this Mass, they will take the lead in the many ministry roles. We hope to make this a monthly activity. *We have some more good news.* From Thursday March 16 until Saturday March 18, NET Ministries will spend some time working with youth in our parish.

ST. PAUL MIKI and COMPANIONS, Feb 6

In the 16th century, 26 martyrs of Japan were crucified on a hill, now known as the Holy Mountain, overlooking Nagasaki. Brother Paul Miki, a Jesuit and a native of Japan, has become the best known among the martyrs of Japan. Today, a new era has come for the Church in Japan. Although the number of Catholics is not large, the Church is respected and has total religious freedom.

ST. SCHOLASTICA, Feb 10

This 6th century saint was the twin sister of **St. Benedict**. They gave themselves totally to God and gave top priority to deepening their friendship with Him through prayer. They sacrificed opportunities they would have had to be together as brother and sister in order better to fulfill their vocation to the religious life. In joining a religious community, they did not forget or forsake their family but rather found more brothers and sisters.

LADIES GROUP MEETING.

All members are asked to meet in the parish house on Thursday, Feb.9 at 7:30 pm.

STAND WITH REFUGEES

A petition has circulated "**Will you stand with refugees?**" which calls on all governments to work together and do their fair share for refugees. The petition will be delivered to UN headquarters in New York before the UN General Assembly high-level summit to address large movements of refugees and migrants, scheduled for September 19. This petition, which is only available on-line, may be found at <http://www.unhcr.org/refugeeday/petition/>

25th WORLD DAY of PRAYER for the SICK

This year on February 11, the Church observes the 25th World Day of Prayer for the Sick. This day of prayer was instituted by Saint John Paul II in 1992 to be celebrated annually on the Feast of Our Lady of Lourdes. World Day of the Sick has three themes. First, it reminds the entire Church to pray for those who are sick. Second, it invites all Christians to reflect on and respond to human suffering and pain. Third, it recognizes and honours all those who work in health care and serve as caregivers. The theme for this year's Day of the Sick is "*Amazement at what God has accomplished: The almighty has done great things for me ... (Lk 1:49)*". For more about this day or to read Pope Francis' message, go to www.rcchurch.com

REMINDER OF OUR BAPTISMAL PRAYER

"This light is entrusted to you to be kept burning brightly. This child of yours has been enlightened by Christ. S/he is to walk always as a child of the light. May s/he keep the flame of faith alive in his/her heart."

JESUS PRAYER

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.