

Parishes of Dromara and Drumgooland

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5th Sunday in Ordinary Time

8th February 2026

Weekend Masses

Sat 6:00pm Dechomet 7:30pm Leitrim
Sun 9:00am Gargory 11:00am Dromara

Weekday Masses

Mon 9am Leitrim 7:30pm Dechomet
Tues 10am Dromara
Wed 7:30pm Leitrim
Fri 7:30pm Dromara

Lent begins on Wed 18th Feb

*We pray for the recently deceased
John Thomas Doole*

ANNIVERSARIES

Leitrim

Sat 7th Fr Jim Mooney
Dominic McElroy
Patsy McGlue
Seamus, Bridie & Patricia Savage
Sat 14th Fr Frank Lyons

Dromara

Sun 8th Peter McEvoy & Martin Drake
Sun 15th Philip Lundy
Lundy, McGrillen,
McCauley/Canley & Families

Dechomet

Mon 9th Annie Davies

Diocesan Director of Safeguarding

Stephen Sherry 07301 246329
safeguardingdirector@dromorediocese.org

SVDP contact numbers

Dromara 07738 838191
Drumgooland 07825 419067

Collections	Dromara	Drumgooland
Parish	£ 926	£ 1,817
Priest	£ 918	£ 1,212

*Figures include Jan standing orders
Thank you for your continued contributions*

Do This in Memory

The programme for First Communion preparation continues on 21st & 22nd Feb

Lent in the Diocese of Dromore

For Lenten resources, news, and events from across the diocese, follow the Diocese of Dromore on Facebook.
www.facebook.com/dromorediocese
or search 'Diocese of Dromore' on Facebook.

St Vincent de Paul Finn, Dromara
would like to thank everyone who kindly contributed to the Christmas Appeal and give donations.

Your continued support and generosity are much appreciated and helped ensure no child went without a present at Christmas.
Many thanks.

Baptised and Sent: Youth Faith in Action!

A Gathering of Young Adults
(16-30 years old)
Thurs 5th March 6:30pm - 9:15pm
Dromantine Retreat & Conference Centre

96 Glen Road
Newry
Please email:

youthdirector@dromorediocese.org
with your name, email address, mobile number and the parish name of anyone wishing to attend.

*Christians who have the Beatitudes as their rule of life become the salt of the earth and the light of the world.
We should recognise the dignity that is ours as we share in the work of Christ*

Sunday Message

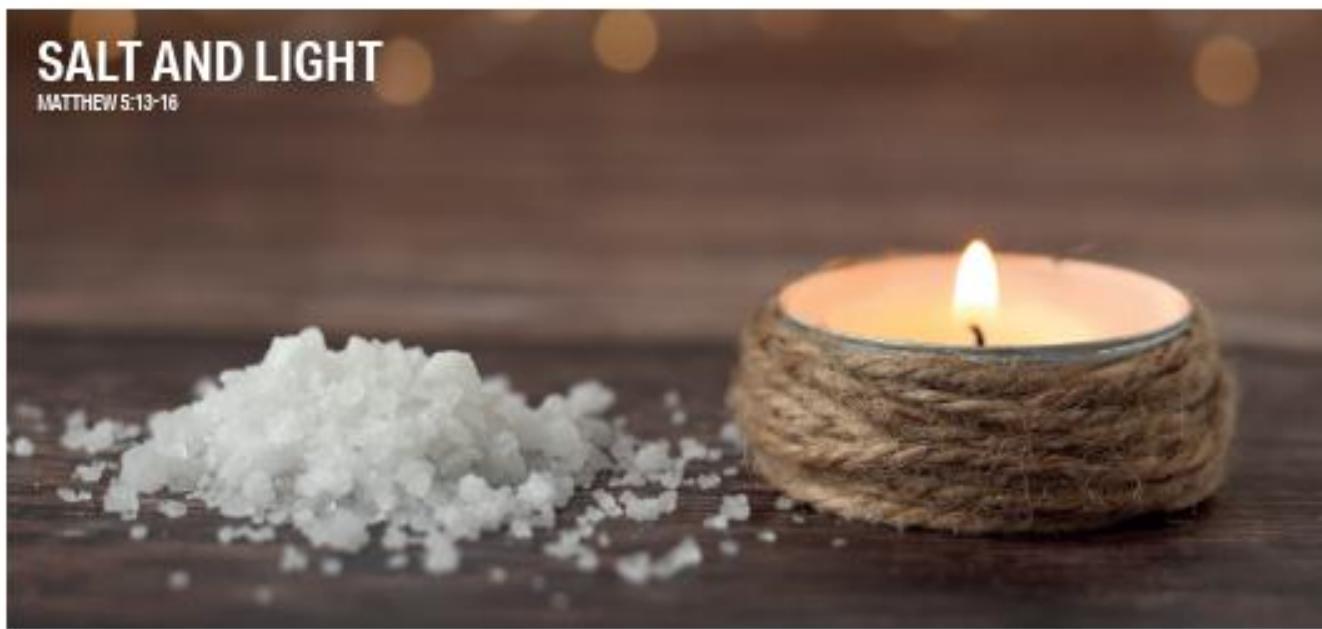
FIFTH SUNDAY IN ORDINARY TIME

THE WORD

Year A • 8 February 2026 • Colour: Green • Psalter Week 1

SALT AND LIGHT

MATTHEW 5:13-16



In this passage, Jesus tells His followers that they are the "salt of the earth" and the "light of the world." Salt was valuable in Jesus' time – not just for flavor, but for preserving food. When He calls us salt, He means we are meant to bring goodness, preserve what is right, and add something special to the world.

Then Jesus calls us light. Light drives away darkness and helps people see clearly. We are to shine God's love and truth in the world through our words and actions.

But Jesus also warns that if salt loses its taste, or if a light is hidden, it's no longer helpful. This reminds us to keep our faith alive and active – not hiding it or letting it grow dull.

Finally, Jesus encourages us to let our good deeds shine so others can see them and praise God. Our faith isn't just for ourselves; it's a gift meant to bless others and bring glory to God.

This passage invites us to ask: How am I being salt and light in my daily life? Am I sharing God's love and truth with those around me? ■

DO

Today, look for one small way to brighten someone's day – with a kind word, a smile, or a helpful action – and remember that even little acts of love can shine God's light.



SAY

Lord Jesus,
You call us to be salt and light in
the world.
Help us to bring your love and
goodness to those around us.
Keep our faith strong and our
hearts shining bright.
so others may see you through us.
Amen.

REFLECT

Have you ever tasted food that's completely bland? No salt, no flavor? Imagine if that's how we showed up in the world – dull, unnoticed, and without impact. Jesus tells us we are the salt of the earth – not just to exist, but to bring life and flavor to everything we touch.

And what about light? When was the last time you used a flashlight to find your way in the dark? Light is not just helpful – it's life-saving. Jesus says we are the light of the world, called to shine bright in places where people feel lost or afraid.

But here's the challenge: salt that loses its saltiness and light hidden under a bowl do no good. Are we sometimes hiding our faith? Are we holding back the love and kindness God wants us to share?

Today, think about one way you can add a little "salt" or "light" to your world. Maybe it's a kind word, a listening ear, or a simple act of generosity. Whatever it is, trust that even small things can make a big difference. ■

LEARN

We are called to be like salt and light – to bring goodness and hope into the world, not just for ourselves but to help others see God's love.