

## OUR LADY AND ST. HELEN'S

### CONDORRAT.

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Tel. 01236-731-258

Priest: Rev. Paulinus Onyenuru OP.

Deacon: Paul McNair

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#### Mass times

|                     |                 |
|---------------------|-----------------|
| Monday to Friday    | 10 am           |
| Saturday Vigil Mass | 6 pm            |
| Sunday              | 10 am & 12 noon |

#### Adoration of the Blessed Sacrament

|                  |               |
|------------------|---------------|
| Monday to Friday | 9:00 -9:45 am |
|------------------|---------------|

#### Confessions

|                      |         |
|----------------------|---------|
| Tuesday and Thursday | 9:20 am |
| Saturday             | 5:20 pm |

Fifth Sunday in Ordinary Time-A

Sunday, 8<sup>th</sup> of February, 2026.

#### 1<sup>st</sup> Reading: Isaiah 58: 6-10

*Your light shall break forth like the dawn.*

#### Responsorial Psalm: Psalm 112 (111)

*A light rises in the darkness for the upright.*

#### 2<sup>nd</sup> Reading: 1 Cor. 2:1-5

*I proclaimed to you the mystery of Christ crucified.*

#### Gospel: Matthew 5:13-16

*You are the light of the world.*

### Reflection: What If You're Already Enough?

Last week, during a video call with my family, I watched my young niece discover the joy of lighting candles. The screen flickered as she carefully carried a small taper from the kitchen, her face glowing with wonder, one hand cupped protectively around the flame. "Uncle, look!" she whispered into the camera, as if the light itself were a secret she was sharing across the miles between us. Even through my phone screen, I could see how that tiny flame transformed their dim dining room. And I thought: this is what Jesus means when he tells us we are light.

Notice Jesus doesn't say "you might be" or "you should try to be" the light of the world and salt of the earth. He declares it as fact: "You are." This is our identity, given at baptism. We've been made light and salt, whether we feel particularly bright or "flavorful" on any given day.

We all understand light's necessity. Without the sun, life on Earth would be impossible. During these winter months, when brightness arrives slowly and fades quickly, we feel discomfort and yearn for longer days. This is when we're reminded to take our Vitamin D3, because our bodies literally need light to function properly. The sun doesn't battle darkness. It slowly appears and dispels it by being present. That's our purpose too, as light of the world. To dispel evil not through aggression, but through presence.

And salt? Yes, it flavours food, but did you know it's also a preservative? Before refrigeration, salt was used to prevent food spoilage. My grandmother used to cure meat in her kitchen, packing it in salt that would keep it good for months, even years. In the same way, we add flavour to people's lives while preventing spiritual decay. Salt doesn't compete with other ingredients. It enhances them. It works subtly, almost invisibly, yet everything tastes better because of it.

Here's the challenging truth: the world isn't shrouded in darkness because Christians are absent. Evil thrives because Christians have chosen to be

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timid, to blend in rather than stand out. We hide our light under a basket, dilute our saltiness until we're indistinguishable from the culture around us. Like my niece with her candle, her light reaching me even from across the distance, we're called to carry our light openly and carefully, without fear. Not with shouts or condemnation, but through love, gentleness, and prayer, and to preserve what is good and enhance what is beautiful by our saltiness

You are already enough! The question isn't what you can be. It is whether you will embrace what you already are.

### Hymns for Sunday

|   |                |
|---|----------------|
| <b>Entrance:</b> Shine Jesus Shine                  | <b>No. 453</b> |
| <b>Offertory:</b> On this house your blessing, Lord | <b>No. 543</b> |
| <b>Communion 1:</b> Jesus, my Lord, my God, my all. | <b>No. 397</b> |
| <b>Communion 2:</b> Christ be our Light             | <b>No. 439</b> |
| <b>Recession:</b> The Spirit lives to set us free   | <b>No. 672</b> |

**Memorial: St. Scholastica (Tuesday)**, World Day of the Sick (Wednesday), Sts Cyril and Methodius (Saturday)..

The funeral of **Cecilia Wright** is scheduled for Thursday, the 12th of February at 10 AM.

**Death:** *Baby Noah Egan, Marie Corrigan, Robert Maxwell, Brian Dockerty, Charlie McNain, Jean Wallace, Cecelia Wright.*

**Anniversary:** *William Mooney, John Mooney, Hugh Mooney, Rose McDade, Tony Tourish, Susan McNamara, Mary Mooney, Danny McBride, Helen McCourt.*

*Ash Wednesday is on the 18<sup>th</sup> of February, the beginning of the Season of Lent.*

**The Second Collection** on the 22nd of February (**First Sunday of Lent**) is for Sick and Retired Priests.

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### Wednesday Breakfast Hub at Condorrat Social Club

SSVP will support a Wednesday breakfast hub at the Condorrat Social Club. A list will be displayed on the notice board for those wishing to attend.

### 200 Club Winners for February

The February draws took place at the Parish Council Meeting on Monday. Congratulations to the winners:

**1<sup>st</sup> Prize: No. 251**

**2<sup>nd</sup> Prize: No. 24**

**3<sup>rd</sup> Prize: No. 218**

### Collections for 01/02/2026

**Offertory:** £369

**Gift Aid envelopes:** £582.93

**Thank you.**

**Flourish:** Your free copy of Flourish can be collected after Mass. This edition is full of news and features about the Church in the local area and around the world, including a picture feature on the Archbishop's visit to the Holy Land, how a parish rallied round when their priest's family was devastated by a fire tragedy, and a new Jubilee Year which has been announced for St Francis of Assisi. News, too, of Glasgow Catholics named in the Honours List, a spotlight on Catholic schools, and the Pope's message for this month's World Day of the Sick. Online edition at [www.flourishnewspaper.co.uk](http://www.flourishnewspaper.co.uk)

**World Youth Day 2027 - RCAG Youth Expression of Interest:** World Youth Day will take place in Seoul from 3rd–8th August 2027. Young people who will be 19 by 1st July 2027 and aged 19–35 at the time of the pilgrimage are invited to register their interest in travelling with RCAG Youth by completing the Expression of Interest form: <https://tinyurl.com/wydracagyouthEOI>. An Information Evening will be held on 23rd March 2026 at 7.00 pm at the RCAG Youth Office, 196 Clyde Street, G1 4JY. For enquiries, please email [youth@rcag.org.uk](mailto:youth@rcag.org.uk).