

February 8th, 2026: 5th Sunday in Ordinary Time

Background on the Gospel Reading

Jesus teaches that his disciples are to be the salt of the earth and the light of the world.

Following upon the teaching of the [Beatitudes](#), Jesus uses the now familiar metaphors of salt and light to describe the life of discipleship.

We take salt and light for granted in our society, but these commodities were more precious in ancient cultures. Just as now, salt was used in Jesus' time for flavoring, as a preservative, and as a healing agent. Similarly, the widespread use of electricity in the modern world makes us less aware of the value and importance of light in our lives.

Still, our familiarity with this passage from Matthew's Gospel speaks well to the abiding power of the imagery that Jesus presented. Jesus' call to be salt for the earth and light for the world powerfully states our mission as Church and as Christians.

Our commitment to social justice flows from the exhortation that Jesus gives us in today's Gospel. Some of the activities that this commitment leads us to are given more concrete expression as the Corporal and Spiritual [Works of Mercy](#).

When we feed the hungry, clothe the naked, console those who mourn, and so on, we show ourselves to be the salt of the earth and the light of the world.

When we do these things with the community of faith, the Church, we are indeed acting as "a city set on a mountain" that cannot be hidden!

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FATHERS INTENTION 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.

February 8th, 2026

5th Sunday in Ordinary Time

Sacred Heart Parish

A Stewardship Parish in Union with Christ



Parish Information

Pastor: **Fr. Lee Lainey**

Office Administrator: **Roseann Janes**

Office Hours: **Monday to Friday 9:00 am - 1:00 pm**

465 Curling Street
Corner Brook, NL, A2H 3K8
Tel: (709) 785-5025
curlingparish@hotmail.com
www.sacredheartcparish.ca

e-transfers:
sacredheartcparish@hotmail.com
Password "Church"

Note: include your envelope #
Pre-authorized debit can be arranged with your own bank – call us for our banking info.

Diocesan website: rcchurch.com

Weekend Masses: Saturday 4:30 pm, Sunday 11 am.

Weekday Mass: Tuesday to Friday 10:00a.m.

BAD WEATHER – please call the office to verify if mass is cancelled & office closed.

Lohnes Complex*

First Friday of each month at 2pm.

Bible Study:

To be determined at a later date.

Holy Hour of Adoration:

Postponed until further notice.

Reconciliation:

Before Mass or by request.

Marriages:

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

Baptisms:

Please call the Parish Office to schedule preparation session.

Family Connections:

At www.rcchurch.com you will find a link to family connections.

St. Vincent de Paul:

To assist those in need. Call 709-638-9010.

RECEIVED WITH THANKS

Jan. 31 & Feb. 1, 2026

Regular Sunday	2040.00
Loose Offering	81.45
Parish Dues	100.00
Envelope Cost Contributions	50.00
Building Fund	145.00
New Years Day	20.00
Votive Candles	30.00
Sunday Missals	30.00
Living with Christ	18.00
Mass Stipends	160.00
Indian Residential School Fund	10.00

MASS INTENTIONS

February 10 – 15, 2026

Feb. 10 – Tues.	The Late Percy Joyce Special Intentions
Feb. 14 – Sat.	The Late Myles Patrick Griffin
Feb. 15 – Sun.	The Late Percy Joyce

LITURGICAL MINISTERS

Feb 14 – Saturday	
Reader	Eucharistic Minister
Don Gallant	Joan Penney
Feb. 15 – Sunday	
Reader	Eucharistic Minister
Veronica Stone	Barbara Neville
Communion to the Sick: Barbara Neville	

ASH WEDNESDAY MASS:

February 18th, 2026, is Ash Wednesday, mass will be held at **7pm at Sacred Heart Parish** and at **4:30pm at Our Lady Star of the Sea**. There will be no morning mass at Sacred Heart Parish.

FEBRUARY BINGO:

We are pleased to announce that the Sacred Heart Ladies Group will be holding the next bingo on **Sunday, February 22nd, 2026**, at **Sacred Heart Elementary School** in the cafeteria starting at 2pm. Doors open at 1pm. All are welcome.

Please remember **this is a SCENT FREE area**.

SSVP ACTIVITY REPORT:

Mary's Kitchen:

It was a very busy January at the Kitchen with an average of 38 clients being served each week. Volunteers contributed an average of 31 hours each week, with special thanks to our friends from the Knights Of Columbus who helped out last month.

Furniture:

For the month of January, 18 furniture deliveries were made and 20 furniture donations were picked up. 7 mattresses, 6 dressers, 3 kitchen tables and 6 kitchen chairs were distributed among other household items. Thanks to our volunteers who contributed 56 hours of their time for this, plus the usual monthly tasks of storage cleanup, furniture repair, bagging of bedding and other maintenance. Appreciation as always to those who donated items.

MARRIAGE PREPARATION- NOTICE:

Marriage Preparation is on **Saturday, April 18th** from **10:00 am to 2:30 pm** in the **Holy Redeemer Cathedral**, lower level. If you wish to attend please call there office at 709-634-5161 to register. The cost to attend is \$50.00 per couple, lunch and materials are included.

WORLD DAY OF THE SICK:

This year is the **34th World Day of the Sick** which will be celebrated on **Tuesday, February 11, 2026**. This year's theme is "The compassion of the Samaritan: loving by bearing another's pain".

You can find resources for this day at: <https://www.cccb.ca/media-release/pope-leos-message-for-the-34th-world-day-of-the-sick-11-february-2026/>

NOVENA TO OUR LADY OF LOURDES:

Will be from: February 2 - 10 at 7pm. At All Hallows Church, 109 Humber Road, Corner Brook. Or virtually on Facebook: All Hallows Parish Corner Brook.

The novena will culminate with a **Mass of Healing** on Wednesday, **February 11th**, 2026, at the **Holy Redeemer Cathedral at 9:30am**.

DEVELOPMENT & PEACE WORKSHOP:

"On Track for Justice" 2026 Campaign

Development and Peace — Caritas Canada? Is the official international development organization of the Catholic Church in Canada, a democratic movement for global solidarity rooted in Catholic Social Teaching. They addresses the root causes of poverty, oppression and inequality by working with partners in the Global South and by mobilizing Canadians in the common struggle for justice and dignity.

The organization also champions women and social movements as key agents of lasting change.

To learn more, visit devp.org.

GRENFELL MINISTRY MASS:

The next Mass will be held on Grenfell campus, **February 14 at 10:00 am** in the Multifaith room, followed by a social. If you know of any students at Grenfell or CNA, please invite them. All are welcome.

PARISH COUNCIL MEETING:

The next parish council meeting will be on **Tuesday, February 24th at 6:30pm** in the church meeting room. We look forward to seeing everyone.

REFLECTIONS: *Let your light shine*

The most important thing about each of us is our capacity for goodness. We can be a source of light.

We have hands that can care,
eyes that can see,
ears that can hear,
tongues that can speak,
feet that can walk,
and above all hearts that can love.

Unfortunately, through laziness, selfishness, and cowardice, our light can be dimmed, so that we become shadows of the people we could be.

Lord, help us to believe in our own goodness, and to let the light of that goodness shine. On seeing this light, others find their way, and you will be glorified.

Flor McCarthy, *New Sunday and Holy Day Liturgies – Year A*, Dominican Publications, Dublin (Ireland), 1999, p.185