



## 8th February 2026 - 5th SUNDAY in ORDINARY TIME

Dear Parishioners,

### **YOU ARE THE LIGHT AND SALT OF THE WORLD.**

In today's readings, God calls us to be the light of the world and the salt of the world. Today's readings are a continuation of the last week of how we live as the beatitudes of Jesus in our world here and now.

Salt in the ancient world was a preservative for food and still it is. So, from the message of Jesus, we are the ones who are to preserve the earth, to prevent its deterioration, to keep it life giving. Salt must penetrate food to have an effect. We have to penetrate the world with (the spirit of Jesus's values) our Sermon on the Mount values. Staying self-contained as a perfect little band of Christians is about as useful as salt remaining in the saltshaker. How useful can I be? Prophet Isaiah in the first reading provides us with answers. It is being able to share with the needy.

Jesus calls his disciples that they are the light of the world. Jesus uses the parable of the lamp, to teach us whatever talents we are given in life, we are expected to use them to the best of our ability. We should be the lights/beacons of virtues in the community. That means we have something worth showing and sharing.

Jesus uses these two simple house salt and lamp to talk about the importance of faith in our lives as his disciples. We receive our faith at baptism, but we must constantly refuel it with oil, namely through prayer, good-works, sacrifices and other practices that can keep our faith burning with the same intensity.

We pray that by God's grace, that we may be the light of Christ and the salt of Christ to the world.

**Fr. Gaspar Mushi, Cssp,**



**FIRST FRUITS OFFERING**

**SERVE YOUR PARISH THROUGH PLANNED GIVING**

"Our Parish communities, much like our own households, rely on financial resources to operate and to thrive. God fulfills this need through you - **you are the Parish.**"

St Francis of Assisi  
**"FOR IT IS IN GIVING THAT WE RECEIVE"**

Share what God has given you by joining our Planned Giving Program today.

### **FIRST FRUITS OFFERING**

The next two weekends, we are focusing on the Broken Bay Diocesan Program: '**First Fruits Offering**' hoping parishioners might be in a position to either increase their weekly or fortnightly contribution, or for those who aren't part of the Planned Giving Program for the Parish of Holy Name, you may wish to become a contributor.

Please see Page 3 for more details.

**THIS SATURDAY,  
7 FEBRUARY  
IS THE FIRST SATURDAY  
OF THE MONTH**

**MASS WILL BE CELEBRATED  
AT 9:15am**



*God grant me the serenity  
To accept the things I cannot change;  
Courage to change the things I can;  
And wisdom to know the difference.*

## *Parish Masses This Week*

Monday	9 February	Mass	9.15am			Weekday, Ordinary Time 5
Tuesday	10 February	Mass	9.15am			St Scholastica, virgin
Wednesday	11 February	Mass	9.15am			Weekday, Ordinary Time 5
Thursday	12 February	Mass	9.15am			Weekday, Ordinary Time 5
Friday	13 February	Mass	9.15am			Weekday, Ordinary Time 5
Saturday	14 February	Mass	5.00pm			Sts Cyril, monk, and Methodius, bishop
Sunday	15 February	Mass	8.00am	9.30am	5.30pm	6th SUNDAY in ORDINARY TIME

## *Please Remember in your Prayers*

**RECENTLY DECEASED:** Daisy Chiu (longtime parishioner, sister of Lily Wong, mother to Celine, Bernard and Felix, died 6 January), John Bourke (uncle of Rosalie Belsey, brother of Pat Baxter, died 8 January), Nancy den Hertog (died 14 December), Judith (Judy) Allan (died 6 December, mother of Philippa, Vincent and Sonia).

**ANNIVERSARIES:** Margaret Bizannes (14th anniversary on 7 February), Evelyn Waters (cousin of Margaret MacMillan, 5th anniversary 9 February), Ellen Babich (aunt of Cecylia Ramsden, anniversary 11 February), Chris Roche (8th anniversary on 12 February), Maureen Taylor (Carol Reidy's mother, 15th anniversary on 13 February), Reg Kirkwood (brother of Patrick, 8th anniversary on 14 February), Kay Elizabeth Ann Baguley (mother of Jo Toomey, 27th anniversary on 2nd February), Lasserre Gomes (3rd anniversary 28 January, father of Linette Sardinha), Patricia McGrath (3rd anniversary, 17 January, wife of John, mother to Catherine, Julie, Lynette, Anthony, Sean and David), Felicidad Lizardo (Francis' mother - anniversary 15th January), Sylvester 'Ves' McGrath (4th anniversary 26 January, father of Dominic, Damien and Justin), Kathleen Le Gras (sister of Brian McGarry, 3rd anniversary 24 January), Patricia (Pat) Lynch, 9th anniversary 23 January), Toufic Kassis (brother of John, 6th anniversary 20 January), Joseph El-Daher (Denise Kassis' brother, 65th anniversary on 21 January), Cheble El-Daher (father of Denise Kassis - 39th anniversary on 23 January), Monica Vince (cousin of Cecilia Kean, 3rd anniversary 20 January), Eileen Goldstein (mother of Pam Gallagher, anniversary on 29 January), Tim O'Brien (son of Paul and Jenny, 10th anniversary on 8 January), Carl Shannon (Christine Shannon's father, 32nd anniversary 8 January), Elisha Foti (13th anniversary on 4 January).

**FOR THE SICK:** Stevan Dind (friend of Dominic McGrath and Spiros Potiris), Megan Khannah, José Joaquim De Sousa (son of Ines), Shannon Van Der Bergh (nephew of Amalie G), George Ozelins, Peter and Jan Van de Velde (Jacqui's parents), Jannette Mary Cameron (sister of Tom Gait), Jenny O'Brien, Lawson Wynter (grandson of Marilyn Orrock), Jenny Southam, Alison Robinson (daughter of Vince and Bev), Ray Kassis (brother of John Kassis), Yvonne Malouf (mother of Joanne Klostermann), Noeline Mannix, Tina Northcott, Mark Vinson Vallarta, Margaret Du Moulin (Edwina Potiris' mum, friend of Dominic McGrath), Conor and Leila McCreton, Margaret and Pat MacMillan, Jonathan Tighe (nephew of Caroline Montouro), Henry Alan Field (grandchild of dear friend of Cecilia Kean), Judy Ford (sister in law of Irene King), Pam Gallagher, Geoff Deacon (brother-in-law of Irene King), Margaret Anderson (sister-in-law of Frank and Jo Waldron), Norma Higgins, Davin and Sharon Ho, Leanne (Sharon's sister).



### **YEAR 7 CATCH UP - Friday 6 January 4:00pm-6:00pm**

Our first Year 7 students catch up was a wonderful success. The students shared afternoon tea, lots of stories about their holidays, team activities and games on the lawn, listened to a talk about being 'Brave, not Perfect' as they approached the first days of High School and finished up with a Talent Show.

The next meeting will be held on  
**Friday 6th February from 4pm to 6pm.**  
**All are welcome, just turn up!**

For further details contact Sally Oong: [hnwsally@gmail.com](mailto:hnwsally@gmail.com) or the Parish Office.

## *What do the Readings say to us this Sunday 5th SUNDAY in ORDINARY TIME?*

**First Reading:** *Is 58:7-10: Your light will shine like the dawn.*

**Second Reading:** *1 Cor 2:1-5: I came to you to proclaim Christ crucified. 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:** *Mt 5:13-16: You are the light of the world.*



The First Collection is specifically for the support of the Clergy in the Diocese of Broken Bay. This collection pays for the clergy stipends and housekeeping needs. Fr Gaspar and Fr Jules-Davy thank you for your generosity to this collection.

The Second Collection pays for such items as tree cutting & trimming, carpet, altar breads & wine, sacramental and catechist programs, water, electricity and so much more. Like your own household budget, the parish of Holy Name has to pay its bills and balance the budget.

However, important and necessary our maintenance needs are, we are about growing and nourishing the life of the people in our community. Hospitality and renewal are at the heart of parish life. This year of 2026 we have four people enquiring about the Catholic faith. Last year we had several people enter the Catholic faith through the RCIA (Rite of Christian Initiation of Adults) Program.

Our outreach takes the form of morning teas, sausage sizzles, children's liturgy, celebrating anniversaries and birthdays, prayer and discussion groups and our prayerful liturgies and music. The St. Vincent De Paul help us to reach out to the poor and hungry. The parish community exists to follow Jesus and build His kingdom here on earth.

Everyone is invited to renew their Planned Giving Amount. The envelopes on the seats can be placed on either collection plate today. The envelopes can be sealed by tearing off the strip at the bottom which ensures confidentiality. All monies raised will go directly to the parish community.



### **Thank You**

***We wish to thank all the Holy Name parishioners and friends for their prayers, support and presence at Mum/Daisy's Requiem Mass.***

***Mum would have been extremely humbled to have so many there and also to have five priests (Fr Kelvin, Fr Anselam, Fr Sunny, Fr Gaspar and Fr Jules-Davy) on the altar to celebrate her life. Thank you again—Celine, Lily and Family.***



## Sacramental Program 2026



### RECONCILIATION

(February, March 2026)



Enrolment link: <https://www.trybooking.com/DHMJH>

**Eligibility:** Candidates must be Baptised, have celebrated Confirmation and be in at least Year 4 at school. In our Diocese of Broken Bay, the Sacrament of Confirmation is celebrated before Reconciliation and First Eucharist. Confirmation will next be celebrated in Term 4, 2026.

#### Parents and Carers - Welcome and Information Evening (DATE CHANGE)

**\*\*\* MONDAY 16 February, 7-8pm, Holy Name Church, 35 Billyard Ave, Wahroonga.** This is a compulsory information evening for parents/carers, which includes refreshments.

**Attendance is compulsory by one parent/carer on 16 February, 2026.**

#### Group Leader Training:

Wednesday 25 February, 7.00pm, Sunroom at the Church (Leaders **only**)

#### Sacramental Preparation Groups:

**Meet each week** at the Prouille School Hall before 3.45pm.

These are held at Prouille School, 5 Water St, Wahroonga, on:

Lesson 1: Saturday, 28 February at 3.45pm,

Lesson 2: Saturday, 7 March at 3.45pm,

Lesson 3: Saturday, 14 March at 3.45pm,

with each lesson followed by 5.00pm Mass at Church and then a sausage sizzle. **(All lessons and Masses are compulsory to attend)**

#### Celebration of the Sacrament of Reconciliation at the Church:

**Wednesday 18 March at 6.00pm**

**PLEASE NOTE:**  
**CHANGE OF DATE**  
**FOR PARENT/**  
**CARERS**  
**WELCOME AND**  
**INFORMATION**  
**EVENING:**

**IT IS NOW ON**

**MONDAY**  
**16 FEBRUARY**  
**7:00pm-8:00PM**  
**IN OUR CHURCH**

### Have you considered becoming a Catholic?

***The Rite of Christian Initiation of Adults (RCIA)*** is a formative process by which those interested in learning more about Christianity and the Catholic Church are invited to attend sessions with our priests and RCIA Team over an extended period of time. They are presented with a variety of essential topics which cover the key pillars of the faith: our profession, celebration, lifestyle, and our prayer. At different stages of the process, individuals are given the invitation to continue on their journey towards the Easter Sacraments and reception into the Church.

The RCIA Program also offers Confirmation for adults who celebrated the Sacraments of Baptism, Reconciliation and First Eucharist as children.

We are continuing our RCIA Program for 2026 this week after the Sunday 9.30am Mass.

**For further information, please contact the Parish Office  
or speak to our priests directly.**

## Parish News and Events



### Holy Hour

will resume on Friday,  
6 February 2026  
6:30pm - 7:30pm

### Men's Rosary & Bible Study

The men of HNW meet every fortnight on Tuesday night to pray the rosary and read the Gospel.

All men welcome.



### Program - next meeting 10 February

7:00pm Silent prayer in the church

7:10pm Rosary

7:45pm Gospel reflection & discussion

**Contact :** Tomasz Grzech 0413 802 069 or  
Alexander Fletcher O.P 0452 524 119  
for more information.

**CHILDREN'S LITURGY** is held in the Parish Sunroom every Sunday at 9:30am Mass during school terms, with pre-school to school age children invited to attend. Parents welcome.



If you are interested in helping with Children's Liturgy, please feel welcome to join us. No obligation to 'sign up'. Contact Sally Oong at the Parish office for more details—9489 3221.

### Senior Ladies Group

Meets on the first  
Thursday of the month  
at 2:00pm in the Parish Sunroom.  
For further details: Jo Waldron



### CAYA Come As You Are Discussion & Reflection Group

Thursdays after morning Mass.  
We meet in the Parish Sunroom.  
**Everyone is welcome.**



### SENIOR SERVER/ACOLYTE

#### URGENTLY NEEDED

FOR ROSTERED WEEKS 1 & 3 OF THE MONTH

FOR SUNDAY 8:00AM MASS.

Please contact the Parish Office

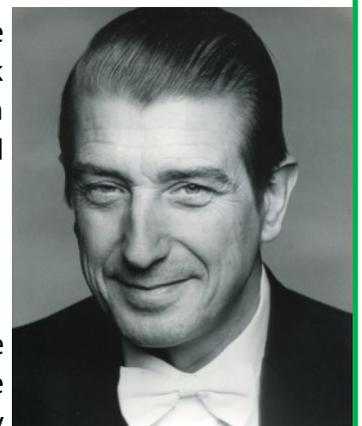
or Fr Gaspar if you can help. Thank you.

## A Tribute to Walter Sutcliffe OAM

The late Walter Sutcliffe OAM was honoured with the Medal of the Order of Australia in the General Division for his contribution to music in the Australia Day honours.



Walter was aware the award was coming before he died. The Honours Secretariat needed him to check the citation and confirm some of the details which they did in August. It's a timely and fitting formal acknowledgement of his life and work.



His brother Joe who lives in Scotland will receive the medal on Walter's behalf. Many of us in the parish met Joe at St James King Street in the city after Walter's memorial service in November.

It's another opportunity to reflect on Walter's legacy and consider ways in which we might honour that legacy at Holy Name through the efforts we make to maintain our dedication to quality liturgical music in the years to come.

# Serra Vocations Prayer Calendar



Feb 8: Fr Jose Philip OSH  
 Feb 9: Fr Vincent Nguyen  
 Feb 10: Fr Shansana Samarasinghe OSB  
 Feb 11: Fr Sam French

Feb 12: Fr David Ranson VG  
 Feb 13: Fr Anselam Lakra HGN  
 Feb 14: Fr Joey Frez  
 Feb 15: Fr Joshi Naduppura / Fr John Puliparambil

## DAILY PRAYER FOR VOCATIONS

Heavenly Father, we praise You for Your goodness and thank You for Your gifts.

Help us respond to and live out our mission in the Church.

Assist all Your people to know their vocation in life and help them to prepare for it.

Call many to be priests, deacons and consecrated men and women for Your greater glory, and for the service of Your people. Give those whom You call the grace to respond generously and to persevere faithfully. We ask this through Christ our Lord. Amen.

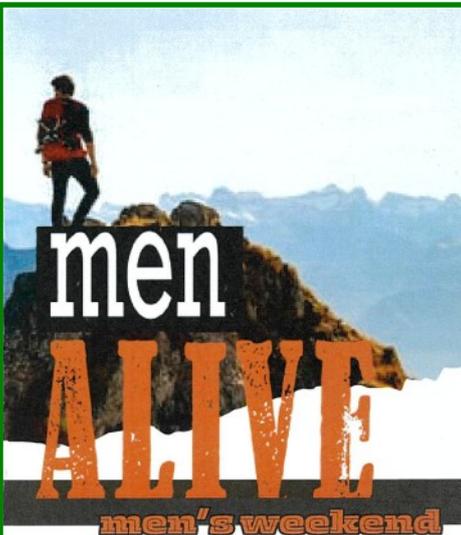
## Around and About

### World Day of the Sick 2026 - 11 February



Pope Leo XIV has chosen the theme for the 34th World Day of the Sick:

“The compassion of the Samaritan: loving by bearing the pain of the other”.



**SAVE THE DATE  
14-15 MARCH**

**MEN ALIVE  
MEN'S WEEKEND**

*The weekend is organised by men in your local community and conducted by an experienced team of menALIVE facilitators.*

*It is suitable for men from 18 years of age.*

Brochures with full details and Registration Form are available in the Church foyer.

When was the last time you felt  
**FULLY ALIVE?**

Saturday, 14 March (8am to 9pm) to Sunday, 15 March 2026 (finishing 1pm)

**~~ SAVE THE DATE ~~**

Our Lady of the Rosary Waitara  
23 Yardley Avenue, Waitara

*The glory of God is man fully alive.*  
-- St. Irenaeus of Lyon

Join us for a special lenten retreat day as we walk through the

**BIBLICAL JOURNEY OF CHRIST'S PASSION**

WHERE: Our Lady of the Rosary Cathedral, 23 Yardley Avenue, Waitara  
 WHEN: Saturday, 28<sup>th</sup> February  
 TIME: 10am (following 9:30am Mass) - 4:00pm  
 LUNCH, TEA & COFFEE: Light lunch & tea/coffee provided  
 COST: By Donation

Registration Essential for catering purposes  
 Closes 24th February  
 Register: [nogreaterlove.eventbrite.com.au](http://nogreaterlove.eventbrite.com.au)

PRESENTER:  
 Charbel Raish,  
 Parousia Media

Enjoy every single moment.  
 The good, the bad,  
*the beautiful,*  
 the ugly, the inspiring,  
*the not-so-glamorous*  
*moments.*  
 AND  
**THANK GOD**  
 through it all.

# Preparing for Easter!

*Our journey to Easter begins Wednesday week, 18th February  
(Ash Wednesday) - Masses at 9:15am AND 7:00pm*

## ASH WEDNESDAY LENT BEGINS



Emphasizes our mortality and our need for ongoing repentance.

## PALM SUNDAY



Commemorates Jesus' triumphal entry into the city of Jerusalem.

## HOLY THURSDAY



Celebrates the Last Supper with the disciples and Passover.

## DAYS OF FASTING

ASH WEDNESDAY  
GOOD FRIDAY

### WHAT IS FASTING?

One full meal and two smaller meals.

## DAYS OF ABSTINENCE

ASH WEDNESDAY  
GOOD FRIDAY  
EVERY FRIDAY DURING LENT

### WHAT IS ABSTINENCE?

No meat.

# 40

The 40 days of Lent are based on two accounts: the 40 years of wandering by the Israelites and our Lord's 40 days in the wilderness at which point He was tempted by Satan.

## GOOD FRIDAY



We remember the Passion and Jesus' sacrifice for us on the cross.

## PILLARS OF LENT

PRAYER  
FASTING  
ALMSGIVING

The key to understanding the meaning of Lent is simple: Baptism.



## EASTER SUNDAY HE HAS RISEN!

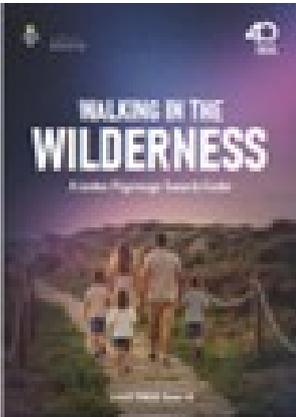


Alleluia!  
The principal feast of the ecclesiastical year. Jesus has risen!

Easter is an 8 day celebration leading to Easter Season, which ends on Pentecost.

## Diocesan Lenten Reflection Booklet 2026

### Walking in the Wilderness: A Lenten Pilgrimage Towards Easter



Booklets are available in the Church - please take home With you.

## What Is Lent?

*Lent is a time of spiritual preparation, self-examination, and penance leading up to the celebration of Easter. Catholics use this time to imitate Jesus' forty days of fasting in the desert.*

*It is an opportunity for us to deepen our relationship with God, seek forgiveness for sins, and grow in spiritual discipline. Catholics focus on self-denial, prayerful reflection, and charitable acts as a means of drawing closer to God.*



## POP UP NEWS

Preparations for Easter Sunday will start in mid-March. All welcome to join.

The **Pop Up Choir** first formed 2011. It has provided uplifting choral music for **Christmas Day** and **Easter Sunday** in a relaxed and inclusive way for 14 years.

From Easter 2026, the choir will take on a new name and add to its schedule of masses.

The choir has traditionally come together for important feasts, so we are changing our name to the

### **Holy Name Festival Choir**

We hope this change will bring together singers from all existing Holy Name singing ensembles, as well as welcoming new singers for these special celebratory liturgies.

Please join us in the new **Festival Choir** for **Easter Sunday 2026** which falls on **5 April**.

#### Rehearsals

Saturdays **14, 21, 28 March and 4 April 2026** from **9am-10.30am** in the church or sunroom.

Singers of all abilities welcome.

All training is provided.

Please email [chrissiegoldrick@gmail.com](mailto:chrissiegoldrick@gmail.com)

or let the parish office know you would like to take part, or sign the sheet at the back of church.



## Parish Contact Information and Mass Times

Parish Priest:	Fr Gaspar Mushi Cssp	gaspar.mushi@bbcatholic.org.au
Assistant Priest:	Fr Jules-Davy Malonga Cssp	jules-davy.malonga@bbcatholic.org.au
Parish Secretary:	Mrs Jackie Thornton	jackie.thornton@bbcatholic.org.au
Parish Office:	Email	holyname@bbcatholic.org.au
Sacramental Coordinator:	Mrs Sally Oong	sally.oong@bbcatholic.org.au
Office Hours:		Weekdays* 9:00am to 5:00pm (*CLOSED Tuesday)
Phone:		(02) 9489 3221
Postal Address:		P O Box 385 Wahrenonga NSW 2076
Prouille Primary School:		5 Water Street Wahrenonga NSW 2076
School Principal:		Ms Genevieve Smith
Phone	(02) 7256 2146	School Website: <a href="http://www.prouilledbb.catholic.edu.au">www.prouilledbb.catholic.edu.au</a>
CCD Coordinator:		Mrs Hayley Edmunds
Eucharist Ministry to the Sick Coordinators:		Mrs Judy Dalton (SAN - Tues) Mr Barry Clibborn (SAN - Fri) Mr Paul Sutherland (Housebound)
Weekend Ministries Co-ordinator:		<b>Volunteer needed please.</b>
St Vincent de Paul (Wahrenonga Conference):		Mr Anthony Weaver (President) 0423 842 823 Mr Ken Laing (Treasurer)

**Mass on Tuesday to Friday:** 9.15am (8:45am Morning Prayer)  
Rosary after Mass Tuesday—Friday and after 1st Saturday Mass  
Special Intercessions/intentions remembered at Friday Mass.

**Holy Hour: Friday evenings** 6:30pm

### **Weekend Masses:**

**FIRST Saturday of the month** Mass at 9:15am

Saturday 5.00pm

Sunday 8.00am, 9.30am and 5.30pm

### **Mass is also celebrated: :**

Our Lady of the Rosary Cathedral, Waitara - Monday 7.00am

St Leo's College, Wahrenonga - Dates TBA during school terms

**Baptism: Preparation** - by appointment with Parish Priest  
**Baptisms** - 11.00am—2nd and 3rd Sunday of the month  
Bookings essential through the Parish Office.

### **Marriage:**

By appointment, at least six months in advance.

### **Sick Calls:**

Any time day or night.

Please call 0484 581 647 out of office hours.

### **Confessions:** Saturday 11.30am or by appointment.

The list of times in surrounding parishes is on our parish website. We recommend you call the parish in advance to confirm times.

**Parish Pastoral and Missionary Council:** Rosalie Belsey (Chair), Anne-Louise Deakin (Co-Chair), Sajanee Senn (Secretary), Chrissie Goldrick, Nick Chapman, Bernadette Holland-Lopez, Patrick Kirkwood, Samantha Vieira, Sally Oong, with Genevieve Smith (Prouille), Vanessa Dillon (St Edmunds) and Courtenay Peters (St Lucy's).

**Parish Finance Committee:** Tony Monardo, Robyn Elizondo, Tim Quilty, Paul O'Brien.

**The Parish Bank Account Number:** BSB: 062-784 ACC: 100010626 (Wahrenonga Parish EFT Account)

**SO WHAT DOES THIS MEAN?** If you would like to deposit directly to the parish account (on a regular or ad hoc basis), please use the above account number. We invite you to help our Parish by joining a Planned Giving scheme. Please contact the Parish Office for the way you can participate in this. Your gift of any size will help our parish continue our good works & outreach. Alternatively see the "Make A Payment" tab on [www.holynamewahrenonga.com.au](http://www.holynamewahrenonga.com.au)

**Thank you for your financial contribution to the support of our Parish Community and its priests.**

**It is greatly appreciated.**

The **1st Collection** taken up at Mass goes to the Clergy Remuneration Fund for the financial support of the priests of the Diocese of Broken Bay.

The **2nd Collection** taken up at Mass is for the running, maintenance and upkeep of the Parish.

### **IN CASE OF A MEDICAL EMERGENCY:**

**Our Church is equipped with a defibrillator in the event of a cardiac arrest.**

**It is located on the right hand side as you enter the Church next to the notice board behind the last pew.**

**It is designed to be used by everyone. Please familiarise yourself with the use of this device at [AED Plus Step-by-Step Demo - YouTube](#) in case of an emergency.**