



Catholic Communities of:
St Matthew's, Bridgewater.
Our Lady of the Rosary, Stirling East
St Joseph the Worker, Lobethal.
St Matthew's, Birdwood.
St Catherine's Catholic School, Stirling.

5th SUNDAY IN ORDINARY TIME

7th / 8th FEBRUARY 2026

ADELAIDE HILLS PARISH

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SUNDAY'S GOSPEL REFLECTION

Jesus echoes Isaiah's teaching in the Sermon on the Mount, from which today's Gospel is taken. We are "the salt of the earth" and "the light of the world." These are not automatic badges of membership for his followers, nor are they abstract beliefs or private holiness. They are a call to action. Our light must "shine before others, that they may see your good deeds and glorify your heavenly Father." These "good deeds" are the visible signs Isaiah describes. Salt has developed a negative reputation. How many of us have been told by our doctors, "Cut down on your salt intake"? But Jesus focuses on salt's ability to preserve and to give flavour. Isaiah warns that when a society neglects the poor and vulnerable, it rots from within. When disciples feed, shelter, and defend the weak, they act as salt – agents of resistance to moral and social decay. Where would we be without light to guide and reveal our way? Jesus promises that darkness will be dispelled, that it will be like noonday. In our world of shadows, people weighed down by fear, inequality, and indifference can shine when our works of mercy illuminate God's presence. Our world is hungry for hope. When believers feed the hungry, welcome the homeless, lift burdens, and speak without malice, we become salt that preserves what is human and light that makes God believable. In our Church, we treasure our sacramental life, doctrine, and tradition. Yet Isaiah and Jesus insist that belonging to a religious community is not enough. Jesus is not complimenting us when he says, "You are the light of the world"; he is challenging us. Our responsibility as his followers is to be light in the dark places of our world. Our parishes, schools, and ministries must not be known first for what we oppose, but for whom we feed, welcome, defend, and heal through our service. Catholic Charities, parish food pantries, prison and hospital ministries, immigration services, and shelters are not "extra works." They are who we are – "salt of the earth" and "light of the world." We Catholics need to be brighter, not just louder. This has become for our Church an era of scandal, polarization, and mistrust. It is not a matter of "image repair," but of turning again toward the poor and vulnerable. This is what the prophets Isaiah and Jesus guide us to do. We cannot keep our faith behind church walls; our lives must illuminate the lives of those most in need. When we live mercy, our Church becomes salt and light that cannot be ignored.

YOU ARE THE LIGHT OF THE WORLD

WEEKEND MASS TIMES

St Matthew's Birdwood

8.30 am: 1st & 3rd Sundays of the month

St Joseph's Lobethal

8.30 am: 2nd, 4th & 5th Sundays of the month

St Matthew's Bridgewater

6pm Saturday Evenings

10.30 am Sunday

Our Lady of the Rosary East Stirling

5.30 pm Sunday



WE OFFER OUR PRAYERS ...

For those recovering from surgery, illness and the sick: Margaret Carroll, Betty White, Anne MacDonald. June Harvey, Jeff Oliver, Gabrielle Morgan, Mirla Mills, Judith McPhee, Krystina Rowland, Carolyn Whitfield Carol Irons.

February Anniversaries: John & Jill Balogh, Marianne Fischer, Ada Schultz, Margaret & Chappie Guthrie, Bob Disher, Fr Vincent Regan, Maureen Robinson, Marianne Fischer, Giulia Farrugia, Lino Farrugia, Bernarda Bonaci, Elisabeth Anderson, Bernie Leverington, Maria Scamoni, Valentine Sobecki, Eva Texler, Fred and Mary Tipler Brian and Margaret Tipler, Krystina Owerko, Maria Scamoni

Recently deceased:

MASS TIMES DURING THE WEEK

Monday 9th	OLOR MASS	9.00a.m.
Tuesday 10th	St Catherine's Liturgy	9.00a.m.
	Rosary at OLOR	4.00p.m.
Wednesday 11th	Mass at Birdwood	9.00a.m.
Friday 13th	BRIDGEWATER MASS	11.00a.m.
Saturday 14th	RECONCILIATION	12.00p.m.

UPCOMING PARISH ACTIVITIES Feb 2026

Wednesday 11th	Northern End meeting	9.45a.m.
Thursday 12th	Parish Finance Council	4.00p.m.
Sunday 15th	Parish Picnic	9.30a.m.
Wednesday 18th	ASH WEDNESDAY	
Tuesday 24th	OLOR community meeting	6.00p.m.
Sunday 22nd	First Sunday of Lent	
	Bridgewater comm. meeting	11.45a.m.
Wednesday 25th	DIALOGUE WEEK DAY	6.00p.m.
Saturday 28th	Volunteers Afternoon Tea	2.00p.m.

PRAYER OF THANKSGIVING

Lord,
show us how to be salt-worthy
and how to give light.
We want to share our bread with the hungry;
we want to shelter the homeless
and clothe the naked.
Show us how to help the immigrant,
and free those who are prisoners.
Help us take your light
everywhere dark.
Teach us to give
a little at first,
then all we have.

VOLUNTEERS THANK-YOU AFTERNOON TEA

Our parish is so fortunate to have so many wonderful and generous volunteers and you are all invited to a thank-you afternoon tea here at the OLAH parish hall. The date we are looking is **Saturday 28th February** at 2.00p.m. at Bridgewater. Everything will be provided so please just bring yourself. If you intend to come please put down your name on list provided at the back of the church for catering purposes.

ROSTERS FOR WEEKEND MASSES

NORTHERN End	OAKBANK RACECOURSE 15th Feb 9.30am	LOBETHAL Sunday 22th Feb 8.30a.m
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Welcoming 1st Reader 2nd Reader Euch. Minister Cleaning	PARISH PICNIC	Gayle Raven Simon Cox Simon Murphy Margaret Smitherman Marie Littler
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BRIDGEWATER	Saturday 14th Feb 6.00pm	Sunday 15h Feb 10.30am
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Sacristan Welcoming Reader 1 Reader 2 Euch. Minister Musicians Counters Our Lady Cleaning Flowers Tea & Coffee	Mark McGeough Karen Heusler Alan Miller Mark McGeough Mary Homann Damien Mansfield Alan Miller & Bill Robinson Cantwell family Dwyer family Jane McCaffrey	PARISH PICNIC
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OLOR	Sunday 15thFeb 5.30pm	Sunday 22nd Feb 5.30p.m
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Sacristan Welcoming	Paul Anderson John Rodella	Paul Anderson Tom Kenyon
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DIALOGUE WEEK DAY

In our last PPC meeting held on Wednesday 4th February, we designated Wednesday 25th February as Dialogue Week Day in preparation for the 2026 Archdiocesan Synod. The Dialogue Week Day will be an open invitation to everyone to attend. This is another opportunity to gather, reflect on the themes and recommendations of the Synod, and provide feedback to the Archbishop and Synod members. The idea is another consultation process on the themes of the upcoming Synod. The themes are FORMATION FOR MISSION AND LEADERSHIP STRUCTURES AND PLANNING FOR COMMUNION MISSION AND PARTICIPATION BECOMING MISSIONARY DISCIPLES AND COMMUNION GRACE: SCARAMENT TO THE WORLD. The event will start at 6.00p.m. at the OLAH parish hall and will finish by 8.00 p.m.. Light supper will also be provided.. My wish is that a good number of parishioners will attend this event.

THE SOUTHERN CROSS

The February edition of The Southern Cross will be delivered this week, for distribution at Mass centres on the weekend. It includes a Back to School feature, coverage of the outstanding achievements of the Class of 2025 and a centrespread on the Adelaide Synod 2026 and Dialogue Week

LUZIA ANNA WOHLFART RIP

Our Deepest sympathy to the Wohlfart family on the death of their mother Luzia Anna, a faithful member of the Birdwood Catholic community. Her funeral will be held on Tuesday 10th February at 10.30a.m. at St Matthew's Church Birdwood followed by interment at the church's cemetery.

PARISH PICNIC

The Parish Picnic will be on Sunday 15th February at 9.30a.m. at the Oakbank racecourse. Mass will be at 10.00a.m. Hope to see you there. We are having a sausage sizzle, face painting and games. CWL will provide tea and coffee and if you can bring a plate with fruit or sweets it would be appreciated. We wish that everyone at least stay up till 1.00p.m. or even later. There will be no 10.30am Mass that Sunday at Bridgewater and no 8.30a.m. Mass at Lobethal. There will still be 5:30pm Mass at the OLOR. For those of you who would like to attend but think transport will be an issue for you please speak with Fr. Fred. We would love to have as many parishioners attending as possible.

FEAST OF OUR LADY OF LOURDES

On Monday 9th February, we celebrate the feast day of Our Lady of Lourdes. You are invited to a celebration of the Holy Eucharist and Anointing of the Sick on Monday 9th February at 9.00am. at the OLOR.

NORTHERN END MEETING

Community Meeting for the Northern End will be held next Wednesday 11th February after the 9.00a.m. Mass. The Agenda: the Lenten Program, Blessing of the Way of the Cross, Northern lights.

PARISH FINANCE COUNCIL

The first meeting of the PFC will be held next Thursday 12th February at 4.00p.m. at the OLAH Parish Hall, Bridgewater. The PFC will approve the financial estimates of 2025 and the projected estimates for 2026.

LENT 2026

The real aim of Lent is, above all else, to prepare us for the celebration of the death and Resurrection of Christ. With the bulletin attached is the Lenten Program 2026—our parish program for our individual and communal parish pilgrimage through Lent to Easter 2026. We will distribute the Lenten Booklet **COMPASSIO** to those who ordered it. The 2026 Lenten Reflection booklets from the Archdiocese will be delivered to each family across our parish to make sure that each family has access to a prayerful resource that can be used in a group setting or at home this Lenten season.

ASH WEDNESDAY

Lent begins with Ash on Wednesday February 18th. A sombre occasion that marks the beginning of the 40-day period of Lent observed by Christians. On this day, Christians attend services and receive ashes upon their forehead, usually with the words ""Remember that you are dust, and to dust you shall return." For Catholics, it is a particularly observant day, with fasting and abstinence for those between the ages of 14 and 59. Non-meat meals should be eaten all day. **Masses: Birdwood – 9.00 a.m., St Catherine's – 10.30 a.m. Liturgy R/Yr2, 11.30a.m. Mass Yr3/6 and at Bridgewater at 6.30p.m.**

EUCCHARISTIC MINISTERS TRAINING

Last Thursday all the Eucharistic ministers attended a two hour course run by Orla Wright from the Archdiocese in preparation to introduce back the cup for communion. It was a very practically and a revision how we ought to appreciate Mass and the reverence towards the Body and Blood of Jesus. Our aim is to introduce back the cup on the First Sunday of Lent

PROJECT COMPASSION

This weekend we will celebrate Project Compassion in our Parish the launch of our annual fundraiser and awareness campaign. This Lent, we are called to *Unite Against Poverty* through Caritas Australia's Project Compassion. By taking home a Project Compassion donation box or envelope, you'll be answering the Gospels' call to care for our global family and walk alongside the most vulnerable. Your generous support this Lenten season will enable Caritas Australia to provide life-changing support to communities facing poverty, food insecurity, lack of education, and water shortages, while building resilience against future challenges. Together, through faith and action, we can bring compassion and opportunity to those most in need.

DAY OF THE UNBORN CHILD APPEAL

The special collection taken last weekend in support of the work undertaken by Birthline Pregnancy Support, Mothers without Medicare & Genesis Pregnancy Support Inc. raised \$714. Thank you for your generosity.

THE NEW PROJECT AT BRIDGEWATER

Lately I have announced that I am planning to change the façade of the Bridgewater church. In the last storm we had in December, the Kids Room got flooded. Now we are faced with a lot of mould and damage to the furniture. The box room at the foyer had flooded too and the ceiling is wet and moulded. The same can be said about both the Ladies and Gents toilets. To change both roofs will not be ideal, besides we have been looking to make both toilets accessible from the church foyer adding a new handicap toilet. I think its time we make the necessary changes which will give the opportunity to enlarge the foyer, toilets accessible from the foyer, more natural light both in the sacristy and Kids room and a new complete façade to the church including a belfry and a statue of Mary. Hopefully soon we will have drawings from our architect Ben Clements. Once the plans are finalised they will be exhibited for comments. My hope is that works will start when plans are approved by the PPC and PFC of the parish and after all permissions are given both from the church and local council.

SAFEGUARDING ESSENTIAL COURSE

For those who do not use a computer or would rather do a face to face training course, please give your names to Father Fred or Mark McGeough and we will organise a course with the Integrity and Safeguarding Department in the near future.

Weekly Income	31st/1st February 2026
THANK YOU	

First Collection:	\$541.60
Planned Giving Received:	\$2245.00
Loose Plate:	\$126.95

If you would like to donate by Direct Debit use the parish bank account details below:
BSB: 066-782 Account: 100000277
Account Name CCES ADEL HILLS
Refer payment as "donation"

A reading from the prophet Isaiah

Thus says the Lord: Share your bread with the hungry, and shelter the homeless poor, clothe the man you see to be naked and turn not from your own kin. Then will your light shine like the dawn and your wound be quickly healed over. Your integrity will go before you and the glory of the Lord behind you. Cry, and the Lord will answer; call, and he will say, 'I am here.' If you do away with the yoke, the clenched fist, the wicked word, if you give your bread to the hungry, and relief to the oppressed, your light will rise in the darkness, and your shadows become like noon.

The word of the Lord.
Thanks be to God

Responsorial Psalm

R. A light rises in the darkness for the upright.
He is a light in the darkness for the upright:
he is generous, merciful and just.
The good man takes pity and lends,
he conducts his affairs with honour. **R.**

The just man will never waver:
he will be remembered for ever.
He has no fear of evil news;
with a firm heart he trusts in the Lord. **R.**

With a steadfast heart he will not fear;
open-handed, he gives to the poor;
his justice stands firm for ever.
His head will be raised in glory. **R.**

A reading from the first letter of St Paul to the Corinthians

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

The word of the Lord.
Thanks be to God.

Gospel Acclamation

Alleluia, Alleluia!
I am the light of the world, says the Lord;
the man who follows me
will have the light of life.
Alleluia.

A reading from the holy Gospel according to Matthew

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men. 'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

The Gospel of the Lord.
Praise to you Lord Jesus Christ



We join in Pope Leo's prayer intention that terminally ill children and their families never lose hope. When we call to mind children with an incurable disease we enter a world of pain and of sympathy. Our hearts are touched by the suffering of the innocent, the tragedy of a life unrealised and by the pain of their family. Although we may find it hard to dwell on the death of young children, we know that for many of them terminal illness is part of the life that they must live. Pope Leo invites us to focus on them and their families. He reminds us that illness does not affect only the individual but also their relationships. Parents, brothers and sisters and their wider families will also suffer with the person who is ill, help them to live fully with it, care for them and share their suffering. lives, to be shared in its pain and grief, and treasured

READINGS FOR
6TH SUNDAY IN ORDINARY TIME

1st Reading	Sir 15:15-20
2nd Reading	1 Cor 2:6-10
Gospel	Matthew 5:17-37