

Living as Salt and Light

Introduction

Take a moment to picture the world around you. Millions of families, countless communities, and billions of people across the globe, each carrying their own joys, struggles, and stories. In the midst of this vastness, Jesus speaks words that reach every one of us personally: "You are the salt of the earth. You are the light of the world." These words are not meant for someone distant or extraordinary—they are meant for you, here and now, in your home, your family, and your parish. They remind us that every life, however ordinary it may seem, carries meaning and purpose. It is natural to feel small when we consider the immensity of the world. How can one family, one household, or one person make a difference amid so many others? Yet Jesus assures us that even the smallest presence, if faithful and true, carries extraordinary significance. To be salt is to preserve goodness, to enrich what surrounds us, and to bring vitality to life.

In Our Parish Life

Being salt and light in parish life takes many forms. Salt works quietly, often unnoticed, yet its absence is deeply felt. It preserves what is good, strengthens the community, and gives life and meaning to the parish family. Light shines in the darkness, offering guidance, encouragement, and hope. In the parish, this may mean welcoming newcomers, supporting those who struggle, participating faithfully in parish activities, or offering time, care, and attention to those in need. Each act of service, every word of encouragement, and every prayerful gesture season our parish life with love and illuminates Christ's presence in our community. Salt and light remind us that God's work in the parish is often quiet but profoundly transformative.



Photo by Jem Sahagun on Unsplash

In Our Family Life

Families are called to be salt and light at home. Salt preserves patience, love, and understanding, creating a nurturing environment where faith and virtue can flourish. It may appear in caring for children, supporting aging relatives, resolving conflicts with kindness, or maintaining traditions of prayer and faith. Light shines in listening attentively, forgiving mistakes, showing compassion, and praying together. Families who embrace this calling become sources of strength, hope, and encouragement, shaping a home where each member can grow in faith and character. Living as salt and light allows the love of God to flow from the household into the wider community.

In Our Personal Life

On an individual level, being salt and light is equally essential. Salt preserves integrity, faith, and values, giving meaning to our actions, words, and choices. Light reflects Christ within us, offering guidance, hope, and clarity in our daily lives. Even the smallest gestures—acts of patience, honesty, generosity, or prayer—can season the world and bring brightness to places of darkness or difficulty. Each of us carries the Spirit of God, entrusted to preserve goodness and illuminate truth. By remaining faithful and attentive, our lives become visible signs of God's love, enriching our families, our parish, and the world beyond.

May we, as a parish, as families, and as individuals, carry Christ's love in our words and actions this week, remaining faithful as salt and light in the world around us.

Fr Sebastian

Lenten Reflection Groups

Spend time with others reflecting on scripture this Lent with the theme of 'The Space Between'.

Each week we will reflect on the Gospel for the following Sunday.

Wednesday 10am - 11am, 25 February, 4,11,18,25 March in the St George Preca Centre.

Reflection guides available for purchase at the Parish Office - \$5. All Welcome.

Ministers at the Altar, Acolytes, Eucharistic Ministers, Communion to the Sick - Formation Afternoon

An opportunity to gather to pray together and talk about our processes around this ministry.

Time: **2-4pm, Saturday 7 March**

Location: **St George Preca Centre**

RSVP: Email lisa.bright@olqp.org.au

Faith B4U...

Honouring Our Dedicated Flower Team Members

Our parish has been blessed with many who quietly serve, adding beauty and life to our church through their dedication. Today, we wish to acknowledge and give thanks to three extraordinary ladies from our Flower Team — **Helen, Rhonda, and Mary** — who have recently retired from their ministry.

The Flower Team has long been a vibrant part of our parish life, arranging flowers for Masses, feast days, and special celebrations, creating a warm and welcoming environment for all who come to worship. Through their hands, the beauty of God's creation has been reflected in our church, uplifting our hearts and enhancing our prayerful space.

Helen and Rhonda have shared over 30 years of faithful service, and **Mary** over 20 years. Their unwavering commitment, generosity, and care have left a lasting mark on our parish community. To express our gratitude, a simple farewell gathering was held recently, allowing the team to thank them personally and celebrate their years of devotion.

We are deeply grateful for the countless hours, love, and dedication these ladies have given. May God bless Helen, Rhonda, and Mary abundantly as they step into this new chapter of life, carrying with them our heartfelt appreciation and prayers.

Thank you for helping make our church a place of beauty, joy, and welcome.



New Readers

If you would like to be a reader or know someone who would like to read at Mass, come along to this short information session.

Time: **9.45am Sunday 15 February**

Location: **In the Church**

RSVP: **Email lisa.bright@olqp.org.au**

FaithLIFE Scripture Short Course

How to engage with the Bible during turbulent times? Join Sr Michele Connolly as she explores how Scripture calls us to exercise our prophetic voice; and to live as witnesses of faith & hope in our everyday life!

Time: **7pm - 9pm on Tuesdays 10, 17, 24 Feb**

Location: **St George Preca Centre**

RSVP: **<https://tr.ee/29pDdC6ICl>**

YOUTH NIGHTS ARE BACK!

First Sunday of every month after 6pm Mass

Seeking parent volunteers to assist with food for this and future Youth Nights

PARENTS NEEDED!

HOSPITALITY AREA
MARCH 1ST | 7-8:30 PM

PARENT VOLUNTEERS (or others) to assist with organisation of food for monthly youth nights. It won't require costs, just some time together with other parents. With enough volunteers, it would only be every second or third month. Please leave your name and number with the parish office, one of the priests or on the volunteer sheet at doors.

Let us pray...

FOR OUR SICK, that they will be nourished with hope & recognise the loving presence of God in their lives.

Chantel Adrien, Elie Aboumelhem, Mary Anjoul, Rita Attard, Amara Bewert, Ellen Boissett, Frank Borg, Haryono Budiono, Ann Bugaya, Karl Croning, Mario Curmi, Kathleen Davies, Nerida Fabri, Gabrielle Farfus, Delina Galea, Dorothy Gatt, Kay Jaunais, Margaret Jones, Rachel Karbic, Tulla Kavich, Patrick Kelly, Tyler Kenedy, Peter Kennedy, Maxine Kroebel, Michelle Makin, Joyce Mifsud, Elsie Moran, Joseph Moses, Alex Noble, Bob Nowfel, Brendon Onorato, Benjie Santiago, Michael Scanlon, Connie Shembri, Carmel Thompson, Eddie Vella, Joe Vella, Sue Watters, Gerard Watts, Grace Widjaya, Maureen Zarb, Joseph Zerafa

FOR DEATH ANNIVERSARIES, that they now know the fullness of life & delight in God - may they pray for our active purpose in God's Mission.

Carl Dewick, Branko Mlinac

FOR OUR RECENTLY DECEASED, may our Lord embrace them with unimaginable joy & bless those who grieve with the power of hope.

Joseph Abela, Christine De Gasperi, Marie-Therese Fedele, Robert McClelland, Robert Uljan, Josephine Vassallo

We acknowledge the Dharug people as the traditional custodians of the land on which we stand.

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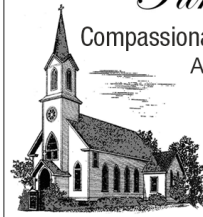
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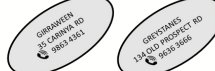
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Our Mission: To grow as a community in the likeness of Christ.

Men's Group Gathering

Saturday 14th February, in the St George Preca Centre.

Share faith and friendship. All men 18 years to senior welcome.

Time: **BBQ Breakfast from 7.45am, Discussion starts 8:15am**

For more information contact **Nicky on 0403 124 345**

CATHOLIC CHARISMATIC RENEWAL PARRAMATTA - HOLY SPIRIT MISSION

Experience a life-changing encounter with the Holy Spirit at the annual HOLY SPIRIT MISSION event! This free gathering is open to everyone seeking a deeper understanding and connection with the Holy Spirit.

Join us for Prayer & Praise, Testimonies, Talks and Prayer Ministry.

Discover the Spiritual Gifts and how to grow in them. Receive encouragement, help, and support from charismatic communities.

Join us on: **Saturday 21st February, 12pm to 5pm @ Camilleri Hall**


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FEAST DAYS

This week we celebrate

10th Tuesday **St Scholastica**, virgin

14th Saturday **Sts Cyril**, monk, and **Methodius**, bishop

Ash Wednesday 18th February Mass Times

6:30am | 9:15am | 7:00pm

IMPORTANT NOTICE

Friday night Rosary will now begin at 6.30pm

This Sunday's Readings

1st Reading

Isaiah

58:7-10

2nd Reading

1 Corinthians

2:1-5

Gospel

Matthew

5:13-16

Next Sunday's Readings

1st Reading

Sirach

15:15-20

2nd Reading

1 Corinthians

2:6-10

Gospel

Matthew

5:17-37

Mass Times

Monday - 9:15am

Tuesday - 9:15am

Wednesday - 6:30am | 9:15am

Thursday - 9:15am

Friday - 6:30am | 9:15am

Saturday - Vigil 5:00pm (live streamed)

Sunday - 7:00am | 8:30am | 10:30am | 6:00pm

Memorial Mass - Last Tuesday night of each month
(except December) at 7:00pm

Mass for Peace with anointing of the sick - First
Saturday of each month (except January) at 10:30am

Reconciliation:

Saturday - 4:00pm - 4.45pm

Please join us via Facebook or Website, olqp.org.au,
every Saturday Vigil Mass at 5:00pm

Rosary in the church: Weekdays at 8:30am & Friday
nights at **6:30pm** (Please note: NEW TIME)

ZOOM option available Friday night for those who
cannot travel to the church for rosary.

Meeting ID: 896 7944 2594 | Passcode: rosary

P: 9631 8135 | E: parishoffice@olqp.org.au

Emergency Contact Only 0447 509 207

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Parish Office hours: 9am - 1pm, 2pm - 4pm Monday to Friday

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