

Mass times and intentions: 07th – 15th February 2026

Saturday	07	FIFTH SUNDAY IN ORDINARY TIME 18.00 – Peggy Kennelly RIP
Sunday	08	11.30 – The People of the Parish
Monday	09	No Mass
Tuesday	10	St Scholastica 10.00 – Deirdre Guinane
Wednesday	11	Our Lady of Lourdes 10.00 – Alice Hall – good health
Thursday	12	Feria 10.00 – Anna-Leah – healing
Friday	13	Feria 10.00 – Nilani K. – good health
Saturday	14	Ss Cyril and Methodius 10.00 – Kathleen Millar RIP
		SIXTH SUNDAY IN ORDINARY TIME 18.00 – Telma Bolivar and Dolor Gestida RIP
Sunday	15	11.30 – The People of the Parish

Tuesday to Saturday, after the Holy Mass,
Adoration of the Blessed Sacrament & Holy Rosary

Mass Intentions / Offerings: Special envelopes are available at the back of Church. If you would like Mass offered on a particular date or anniversary, please let the Parish Priest know well in advance – the sooner the better. Thank you for your co-operation.

Mass Attendance last weekend: 254

Offertory Collection last weekend: £ 554.42

Standing order details:	Online via QR Code:
Account Name: Catholic Church Hainault The Assumption Sort Code: 40-13-22 Account Number: 31019244	

**CATHOLIC PARISH
OF THE DIOCESE OF BRENTWOOD**

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FIFTH SUNDAY IN ORDINARY TIME – 08th February 2026

Hymn Book numbers for Sunday Mass
738 – Thou whose almighty Word (v. 1, 3, 4)

Responsorial Psalm: *A light rises in the darkness for the upright.*

- 285** – I, the Lord of sea and sky
- 703** – The light of Christ
- 118** – Colours of day dawn into the mind
- 388** – Lord, the light of Your love is shining

Dear brothers and sisters,

Jesus looks at his disciples and at the crowd, and he does not say complicated things. He does not speak about big strategies or great plans. He says something very simple: “You are the salt of the earth. You are the light of the world.” It is as if he were saying, “You matter. Your presence makes a difference.”

Salt is hardly seen. It is small, it disappears into the food, but without it everything tastes bland. Light also makes no noise. It does not shout. It simply shines. And through this quiet presence, everything changes. Jesus teaches us that being Christian does not always mean doing great things, but doing small things with great love.

“You are the salt of the earth.” Salt gives flavour. This means that each of us is called to bring meaning, beauty, and hope where we live: in our families, at work, in our community.

It may be a kind word spoken at the right time. It may be patience with a difficult person. It may be a visit to someone who is sick, a phone call to someone who is alone, or forgiveness when it would be easier to stay angry.

Think of a grandmother who prepares meals for her grandchildren. Maybe no one thanks her every day, but her love is the “salt” that keeps the family together. Think of a father who listens to his child even when he is tired. Or a woman who cares every day for a sick husband. These are simple acts, but they give flavour to life. Without them, everything becomes cold and empty.

Jesus also warns us: salt can lose its taste. This happens when we get used to evil, when we become indifferent, when we stop letting love flow through us. When we say, “It’s not my problem,” “It doesn’t matter,” or “Everyone does it.” In those moments, something inside us grows weak. But the good news is this: God never gives up on us. He calls us again to be salt, even when we feel tired or broken.

“You are the light of the world.” Light does not exist for itself. It exists to show the way, to chase away fear, to help life grow. One small candle in a dark room changes everything. In the same way, one person who loves sincerely can change a family, a community, sometimes even a small world around them.

Jesus does not ask us to be strong spotlights. He does not tell us to blind others with perfection. He only asks us not to hide the light he has placed in us. This light is our kindness. It is our faith lived through actions. It is our ability to see good even on difficult days.

Maybe sometimes you feel too small, too unimportant to make any difference. But think of a tiny light on a winter night. It does not warm the whole world, but it shows someone the way home. This is how our life works too. We cannot solve every problem, but we can be light for someone.

Jesus also says: “Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.” Notice this: not so that we are praised, but so that God is known. True light does not point to itself. It points to God.

This Gospel is not about heroes. It is about ordinary people who choose to love. About Christians who try each day to be a little kinder, a little more patient, a little more attentive. It is about living the Gospel in small things: in how we speak, in how we listen, in how we treat the weak.

Today, Jesus looks at each of us with infinite tenderness and says: “You are salt. You are light.” Not tomorrow. Not when you become better. Now. Right where you are. With your life as it is.

Let us ask him to keep the taste of love alive in us and to light our flame again when it grows weak. And let us ask for the courage to be, in this tired and sometimes dark world, a presence that warms, that gives hope, and that quietly points to God.

Amen.

• **An Invitation to Meet Our Mother: Our Lady of Lourdes**

I would like to remind you that this week, on Wednesday, we will celebrate the Feast of Our Lady of Lourdes. It is a special day, a day when we draw closer with trust to our heavenly Mother, Virgin Mary, who never stops praying for us and carrying us in her heart.

This feast brings our thoughts to Lourdes, the place where Mary appeared as a Mother to those who suffer, to the weak, to all who are searching for healing and hope. But Lourdes is not only a place on the map - Lourdes is a message: God is close to the small, the sick, families in difficulty, and tired hearts.

For our community and for our families, the Blessed Virgin Mary is a quiet and faithful support. She teaches us patience, helps us not to lose faith in hard moments, and invites us to carry one another in prayer. So many times, in our homes, an image of Mary, a lighted candle, or a simple whispered prayer has brought peace, courage, and light.

I warmly invite you to come on Wednesday to honour Our Lady of Lourdes and to place in her hands our sick, our children, our families, and all the burdens we carry. She knows how to listen. She knows how to comfort. And she always leads us to her Son, Jesus.

Let us not let this day pass like any other. Let us live it as a meeting with our Mother, who waits for us with open arms.

• **Diocesan Second Collection**

There will be a second collection after each Mass this weekend for The Lourdes Sick and Helpers Pilgrimage Fund. Thank you.

• **Curious about the Camino?**

This Friday, 13th February, 7-8pm. Clodagh and Luke Benning, experienced Camino pilgrims, will join Fr Dominic (who walked from Fatima to Santiago last summer) for an hour of information, memories, tips and hints. Ideal if you are a Camino walker who wants to reminisce, or if you are thinking of walking the Camino in the future. St Edward the Confessor Catholic Church, 5 Park End Road, Romford RM1 4AT.