

**FIRST READING:** Isaiah 58:7-10

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.

**All: Thanks be to God.**

**RESPONSORIAL PSALM:** Ps 145:7-10

**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.

**SECOND READING:** 1 Corinthians 2:1-5

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.

**All: Thanks be to God.**

**GOSPEL ACCLAMATION.** John 8:12

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:** Matthew 5:13-16

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.'

**All: Praise to you, Lord Jesus Christ**

**NEXT SUNDAY'S READINGS**

**Sixth Sunday in Ordinary Time Year A**

Sirach 15:15-20

Ps 118:1-2, 4-5, 17-18, 33-34

1 Corinthians 2:6-10

Matthew 5:17-37



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**Pastor**

Fr George Joseph  
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**Parish Secretary**  
Kate Sellwood  
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Office Hours: Mon Wed Fri 8.30am – 2pm

**Ministry Coordinator**

Nola Smith  
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**Parish Pastoral Council**

Chair: Peter Smyth-Kirk  
Secretary Pam Biggs-Chapman

**Parish Finance Committee**

Chair: Hugh Davies  
**Safeguarding Officer**  
Les Sellwood: Mob: 0401 382 085

**SJV Primary School Manly**

Ph: 3097 2900  
Email: pmanly@bne.catholic.edu.au

**SACRAMENTS**

All enquires for Baptism,  
First Reconciliation, First Holy Communion &  
Confirmation, please contact **Nola Smith**  
Ph. 0412 345 752

sjvsacramental@bne.catholic.net.au

**FUNERALS AND WEDDINGS**

All enquires regarding Funerals and  
Weddings, please contact **Kate Sellwood**  
manly@bne.catholic.net.au

**Sacrament of Reconciliation**

Saturday 4.30pm or by appointment



**LENTEN REFLECTION GROUPS!**

This six week Lenten Reflection Program will be using the:

**TRIUMPH Lenten Reflection Book.**

Tuesday 9.30am - starting 21 February

Tuesday 6.30pm - starting 21 February

**ASH WEDNESDAY  
22 FEBRUARY 2023**

We acknowledge and pay respect to Traditional Custodians - the Quandamooka and Jagera Peoples on whose land we walk, live and worship.

**4/5 FEBRUARY 2023**

**Fifth Sunday in Ordinary Time Year A**

**“You are the salt of the earth; but if salt loses its taste, with what can it be seasoned?” (Matthew 5: 13-16)**

**Humble salt, generous light**

Ever eat a handful of salt? Or drink a glass of ocean water?

Of course not. Salt by itself does not taste particularly good, it might even make you sick to your stomach.

Ever look directly at the sun or into a bright, burning bulb? Not without doing permanent damage to your eyes.

Salt and sun, of themselves, are useless. Their value is realised only when they mix with other things. Their addition brings out the fullness of whatever they come in contact with.

That handful of salt, acrid tasting of itself, can bring out the natural flavour in every kind of food, from fillet to popcorn.

The four ounces of salt in our bodies enable our muscles to contract, our blood to circulate, our hearts to beat. Salt purifies and softens, cleans and preserves.

Light's true beauty is realised only when we look **away** from its source and **toward** what it illuminates. Light transforms the cold terror of night into the warm safety of day. Light enables us to study, to discover, to behold the beauty of our world and the wonders of God's creation. Light warms, nurtures, sustains, reveals, cheers.

Salt is perhaps the most humble of all chemicals; light is among the most generous of all physical properties.

**In calling us to become salt and light for the earth, Jesus asks us to embrace that same humility and generosity.**

**Those who are “salt of the earth” are not those we admire for their virtue or holiness – they are the ones who bring out the goodness in us and everyone else. Those who are a “light for the world” divert attention from themselves in order to illuminate the goodness of God in our midst. To become “salt” in the spirit of Christ is to bring forth the “flavour” of God in everyone and everything; to be “light” that is a true reflection of Christ, is to illuminate the presence of God in the midst of the dark and the cold, the hidden and the unclear.**

*[From Know Me, Hold Me, Sing to Me: What My Grandchild Taught Me About God by Kathleen Chesto.]*

FOR YOUR DIARY FEBRUARY	
06 Mon	No Mass
07 Tues	6:00pm Mass
08 Wed	9:00am Rosary 9:30am Mass 4.00pm Reconciliation Make-up Class
09 Thu	9:30am Mass
10 Fri	9:30am Mass (Lota House)
11 Sat	9:00am Baptism - ANDERSON 10:00am Baptism - LUBBERS 4:30pm Reconciliation
<b>6TH SUNDAY IN ORDINARY TIME</b>	
11 Sat	3:30pm Reconciliation Class Wk2 5:00pm Mass (Manly) <i>Choir sings</i>
12 Sun	7:00am Mass (Gumdale) 8:00am Reconciliation Class Wk2 9:30am Mass (Manly)
13 Mon	No Mass
14 Tues	6:00pm Mass
15 Wed	9:00am Rosary 9:30am Mass 4.00pm Reconciliation Make-up Class
16 Thu	9:30am Mass
17 Fri	9:30am Mass
18 Sat	3:30pm Reconciliation Class Wk3 4:00pm Reconciliation
<b>7TH SUNDAY IN ORDINARY TIME</b>	
19 Sun	5:00pm Mass (Manly) 7:00am Mass (Gumdale) 8:00am Reconciliation Class Wk3 9:30am Mass (Manly)



### FIRST RECONCILIATION SACRAMENTAL PROGRAM

First Reconciliation Sacramental preparation classes began this weekend. We warmly welcome the candidates and their families to our Masses. From next weekend the candidates will actively participate in the Mass by Proclaiming the Word and bringing forward the Offertory Gifts. Today one of the candidates will process forward with the Book of Gospels.

	Welcomer	1 <sup>st</sup> Reader	2 <sup>nd</sup> Reader	EMHC	Screen
<b>Saturday 4 Feb</b>	Gerardina R	Denise D	Jen B	Mikaela A	Anjoline/Irene
<b>Sunday 5 Feb</b>	Helen C	Katherine M	Anne S	June M	Donna
<b>Saturday 11 Feb</b>	Colleen S	First Reconciliation		Carmel S	Anjoline/Irene
<b>Sunday 12 Feb</b>	Jasser N	Candidates		Donna R	Kate P

This parish is Child Safety Aware and complies with Australian Privacy Laws. A copy of the Safeguarding policy is situated in the foyer of the church. **STOPLINE CONTACT:** Phone 1 300 304 400 Email AOB@stopline.com.au

**Of your charity, please pray for:**  
**Recently deceased:** Rory Greene.  
**Anniversaries:** Anne-Marie Arthus, Russell Barton, Kevin Bourke, Floretina Brewer, Daphne Eddleston, Jim Clair, John Costello, Cecil Crew, John Cronin, Mary (Molly) Evrat, Camelo Fazio, Paul Jackman, Patrick Leben, Dulcie Maher, Jennifer Lynas, Agnes Veronica (Ronnie) Mason-Johnson, Hilary Maloney, Jessie Massie, Fletcher McCormack, Brian O’Sullivan, Sr Paula McGrath, Keith McGregor, Donna Pytko, Colin Moir, Doris O’Donnell, Theodore Shepherd, Mark Purdon, George Reading, Millicent (Vera) Reed, Jean Rosenstengel, Eric Steeden, Luzdivina Lozano, John Wade, Joseph (Neil) Sheppard, Hubert Smith, Douglas Southern, Bill Spann, Jean Hine, Lilli Wargin, Aleida Wishey, Maria Skubis and all those whose anniversaries occur around this time.  
**We Pray For The Sick**  
 Raymond Sellwood, Dan Ransom, Natasha Skitmore, Ian Lennon, Rose-Marie Dickson, Emily de Looze, Emma Walters, Maureen Handcock, David Schilling, Pat Ellis, Jocelyn Barrow, Barry Smith, Irene Gavrilla, Richard Pook, Dell Chapman and Anne Dixon  
*To include a name in our ‘We Pray For The Sick’ list, the Privacy Act requires the personal permission of the nominee or a close relative. Names on the recently deceased, anniversaries and our sick parishioners lists are reviewed at the end of each month.*

### WORD OF GOD SUNDAY 5 FEBRUARY 2023

In 2019 Pope Francis instituted the celebration of the Word of God Sunday to encourage “the celebration, study and dissemination” of the Word of God.  
 The Church in Australia celebrates this day on the first Sunday in February. We will commemorate the day with a procession of the Book of Gospels from the entrance of the church up to Fr George for the proclamation of the Gospel.  
 Resources to help you further commemorate the day and suggestions on how to better engage with Sacred Scripture in various ways and settings can be accessed at:  
[www.catholic.org.au/wordofgodssunday](http://www.catholic.org.au/wordofgodssunday)



**WORLD DAY OF PRAYER**  
**Friday 3rd March, 2023**  
**10.00am**  
**St John Vianney’s Parish, Manly**



### Join us on a Bus Trip to MARIAN VALLEY, CANUNGRA Sunday 5 March

We will devotionally follow the Stations of the Cross as part of our Lenten Preparation.  
*The magnificent life-sized Stations of the Cross enrich the natural beauty of Marian Valley opening our hearts to even greater gifts of God's grace in our daily lives.*  
 Depart St John Vianney's Church after 9.30am Mass  
 Return by 6.00pm  
 BYO food or pre-purchase for pickup enroute  
 Tea and coffee provided  
 Cost: *To be confirmed*  
 This day tour is a wonderful opportunity to prepare ourselves during the Season of Lent  
**If you are interested please add your name to the Sign-up Sheet in the Church Foyer**

#### VOLUNTEERS NEEDED

We are looking to form a committee to assist with the organisation of the bus trip to Marian Valley.  
 If you can help please contact  
 Peter Smyth-Kirk on 0405 070 900

#### PLEASE JOIN US FOR MORNING TEA AFTER THE 9.30AM MASS TODAY

#### PARISH PASTORAL COUNCIL MEETING 6.00PM WEDNESDAY 15 FEBRUARY

## For the Children

#### BE A LIGHT IN THE DARKNESS

Without light in our world there would be no life. In some parts of the world, like Antarctica, the sun does not shine for six months of the year. Here, when it grows dark each day, we go to bed and sleep until the rising sun makes it light again. Today Jesus reminds us of the importance of light in our lives.

#### LET US PRAY

At Baptism, we become children of God, filled with the light of his spirit.  
 Help us to always walk as children of the light,  
 touching the lives of others with God’s love.



#### PARISH CHOIR

After a month’s recess during January, the parish choir is preparing to provide music each month at one of the 5pm and 9.30am Masses, commencing next week at the 5pm Saturday Mass.  
 ‘Live’ music will be provided on Ash Wednesday as well as the World Day of Prayer Ecumenical Service on 3<sup>rd</sup> March. The selection of music to enhance the prayerful services that we look forward to experiencing at St John Vianney’s during Holy Week and Easter, is presently being considered.  
 The choir is thankful that two new members have come forward to join the group. If any other parishioners are interested in sharing their talents in this regard, please leave your name and details at the parish office and you will be contacted.

#### PARISH PASTORAL COUNCIL

The Parish Pastoral Council (PPC) seeks to search out and respond to the hopes, ideals, needs and concerns of all parishioners. A photo board has been placed in the church foyer to enable you to recognise our PPC Members. They have taken on the following roles and are keen to receive your thoughts and suggestions pertaining to these roles.  
**Peter Smyth-Kirk:** Chair and Spirituality  
**Pam Biggs-Chapman:** Secretary and Worship  
**Steven South:** Vice Chair and Maintenance  
**Anne Skitmore:** Communication and Worship  
**Carmel Smith:** St John Vianney Primary School  
**Nola Smith:** Finance, Sacraments and Liturgy  
**Peter Doyle:** Knights of the Southern Cross and Outreach  
**Laurent Fontaine:** Faith Education  
**Jeff Bourke:** Knights of the Southern Cross, Outreach and St Jude’s Gumdale