



OUR LADY OF MOUNT CARMEL PARISH
BULLA CLARKEFIELD DIGGERS REST SUNBURY WILDWOOD
ON WURUNDJERI COUNTRY

We acknowledge the Traditional Owners of the land and pay our respects to Elders, past and present.



Parish Office: 101 Riddell Road Sunbury 3429 **T:** 9744 1060 **Office Hours:** Mon - Thur 9am -1pm Fri 9am - 5pm
After Hours: 9740 6503

Newsletters are available on the parish website
Olmcsunbury.com

Our parish is committed to the Safety, Wellbeing and Dignity of all, including children and vulnerable adults.

Email: Sunbury@cam.org.au
<https://melbournecatholic.org>

LITURGY TIMES: AT ST ANNE'S CHURCH

Saturday 5:30pm - Vigil Mass
Sunday 8:30am - Sunday Mass
10:30am - Sunday Mass
11:45am - Baptism
Wednesday 9:30am - Mass - Our Lady of Lourdes
Thursday 9:30am - Mass
Friday 9:30am - Mass

RECONCILIATION

Saturday 10am - 10.30am St Anne's Church

Parish Priest: Rev Denis Stanley
Deacon: Rev Stephen Fernandes
Safeguarding Officer: Deon Armstrong
St Anne's School: 8746 6800
Principal: Stephen Arthurson

Our Lady of Mount Carmel School: 9740 7344
Principal: Julie Freeman

Holy Trinity School: 8746 6464
Principal: Krystine Hocking

08 February 2026

Fifth Sunday in Ordinary Time - Year A

First Reading: Isaiah 58:7-10
Psalm Response: Ps 111:4-9. R. v.4
Second Reading: 1 Corinthians 2:1-5
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

LET US PRAY FOR

Sick: Edith **BAERA**, Jaclyn **DEBENHAM**,
Lloyd **D'CRUS**, Caleb **FARIA**, Darcy **FISHER**, Elaine
KING, Lawrence **MALLIA**, Diana **MASTRAMICO**,
Moya **MINTER**, Brian **MUNDY**, Willow **O'CALLA-**
GHAN, Andy **POUNDER**, Karen **RODRIGUES-**
DELLER, Lee **TAYLOR**, Marcus **TAYLOR**, & Daniel
ZAMMIT

Recently deceased: David **COYTE**

Anniversaries: Hector **AYALA**, John **McMAHON**,
& Ivy **PINTO**

Parish Vision: Christlike relationships of friendship and faith, valuing one another and sharing our gifts for the good of all.

Preaching with our lives

According to a book called *The Life of Francis of Assisi*, Francis invited a young monk to join him on a trip to town to preach. Honoured to be given the invitation, the monk readily accepted. All day long he and Francis walked through the streets, byways, and alleys, and even into the suburbs.

They rubbed shoulders with hundreds of people. At day's end, the two headed back home. Not even once had Francis addressed a crowd, nor had he talked to anyone about the gospel. Greatly disappointed, his young companion said, "I thought we were going into town to preach."

Francis responded, "My son, we have preached. We were preaching while we were walking. We were seen by many, and our behaviour was closely watched. It is of no use to walk anywhere to preach unless we preach everywhere as we walk!"

Most of us will never stand in a pulpit to preach a homily, but we do preach by the witness of our lives. This is not explicit preaching, but rather the example of lives of integrity which are often more eloquent than lengthy biblical reflections.

The prophet Isaiah tells us of the need to share bread with the hungry, to shelter the homeless, to clothe the naked, and never to turn our backs on our own. This is what makes our light shine before others. The psalm spells out how our lives can make a difference when they are characterised by generosity, mercy, trust, and a steadfast heart committed to reaching out to the poor. This is the challenge given us by Pope Leo XIV in his recent Apostolic Letter, *Dilexi te* (I have Loved You), where he insists that we must be concerned about the lives of the most marginalised in our society.

In a world of inequality, we are often separated from those who are on the margins who struggle to pay rent, to cope with the rising cost of living, and to manage on the minimum wage. We do not necessarily inhabit their world. But we need to be mindful that the blessings we have received in terms of employment, family stability, education, economic security and lifestyle, should not isolate us from, or blind us, to the needy in our world.

Salt was traditionally a food preservative and a condiment to enrich food, so we are called to enrich the lives of those less fortunate than ourselves. In Australia, first among these must be our indigenous brothers and sisters, as well as migrants and citizens who have fallen through the cracks in our society.

There are also the victims of domestic violence whose lives are in turmoil. We must pray and stand in solidarity with all those in need.

There is much to do in being daily witnesses to the gospel and preaching with our lives.

Michael A Kelly CSsR
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PLEASE SEE THE NOTICE BOARD FOR MORE NOTICES

ASH WEDNESDAY - 18 FEBRUARY

9:30am - St Anne's School Mass - St Anne's Church

12:30pm - OLMC school Mass - OLMC Church via school Office

7:00pm - Mass at St Anne's Church

PARISH BINGO

Our Parish Bingo session (Major Bingo) is back for 2026 - bigger and better than ever. Every Thursday evening, eyes down at 7.30 pm conducted at Sunbury Bowling Club, Ridgell Rd. Guaranteed last game prize of \$1000 every week plus other game prizes of \$150, \$100 & \$60. Bingo lingo Joker raffle., main raffle and lots of fun. The biggest and best Bingo in the district. Get a group of friends together and come along and give it a try. You will be made most welcome. Enquiries to Gary Plummer 0419 301 760.

THANK YOU!

Thanks to the Major Bingo Team for sponsoring morning tea last Sunday. It was a great success!

PIETY STALL

Ceramics, Light up sphere, 2026 Columban calendars \$ 8. Wearable Rosary beads, Bracelets and Rings. Statues, Medals, Missals and Bibles From \$35. Quality at cost price. Always happy to order what we do not have in stock. Please contact/TEXT Joe Spiteri on 0477 677 248. .

EVERGREENS

Evergreens are going to the Ian Potter art Gallery on 10 February. Meeting at Train station 8-50a.m.

COMBINED CHURCHES CHORALE

Do you enjoy singing? The Combined Churches chorale invites you to join them on a Monday night 7:30-8:30pm at St. Andrew's Uniting Church. You don't need to be able to read music – just enjoy singing in a group. Further information contact Gwen Hutcheson 0412 547 643

PRAYING FOR OUR SISTERS AND BROTHERS WHO ARE SICK AND THE FRAIL.

A feature of every Parish Bulletin I have ever seen is a list of parishioners who are sick or whose health is frail. Naturally we reach out in loving prayerful concern when friends, family and neighbours are unwell. Those of us who are unwell are on a journey through illness to long term care or recovery or drawing near to the end of life. Our Bulletin Prayer list should reflect this. To make sure that it up to date, I propose that:

- * Names offered for the Prayer List remain for no more the two months.
- * Family can contact the Parish Office or speak to the Parish Priest or Deacon at the Liturgy to have the name either removed or kept on the List for a further two months and so let the Parish know how the journey of their illness is progressing.

Denis Stanley, Parish Priest



We joyfully welcome Ava **MARTELL**, Cohen & Connor **JEFFERIES**, Billy & Caleb **WRIGHT**, Billy Brian **SMITH** who will be baptized in our parish



ALTAR SERVERS

Congratulations and welcome to Lucas the newest member of our Altar Server Team

PROJECT COMPASSION

This Lent, we are called to *Unite Against Poverty* through Caritas Australia's Project Compassion. Your generosity this Lenten Season will enable Caritas Australia to provide life-changing support to vulnerable communities in need. Boxes are available in the foyer.

AMBULANCE SERVICE VISIT

The Ambulance service is coming out to teach us how to save a life while they are on their way. All Welcome. St Anne's Hall 24th February 12.00pm. For More information and catering call Joe Spiteri 0477 677 248

PALMS INTERNATIONAL VOLUNTEERING

Palms International Volunteering continues to serve overseas communities especially in Asia and the Pacific, and again we are seeking Australian Catholics to take up a Global Mission.



The faithful who respond have a unique opportunity to live in different culture, using their professional expertise to mentor others in mutual development. Palms is holding a webinar on Thursday 19 February for all those interested to know more of the mission life. Join Palms International Volunteering online in this special session where you'll learn about our diverse assignments suited to your qualifications. Hear from past Palms volunteers how skill-exchange makes a lasting impact in communities and changes lives.

Venue: Online- Scan the QR or register at palms.org.au/ events :

Date: Thursday 19 February 2026

Time: 7 pm – 8:30 pm AEDT

WORLD DAY OF PRAYER - SHARE YOUR VOICE IN SERVICE

The World Day of Prayer will be held on 4 March 2026 at 7:30pm at the Lutheran Church, Sunbury. The service this year will be prepared by the women of Nigeria. If you will be attending, please consider being a part of the service by leading one of the sections of intercessions (already prepared). Please contact the parish office to register your interest. Thank you!

FROM YOUR PARISH COORDINATING TEAM (PCT)

1. The Help Desk in the church foyer has been split into two. Check them out. You'll find Continuous Improvement Forms there. We welcome written suggestions and/or any issues you may have which you can pop in to the Orange Box or email to the parish office sunbury@cam.org.au
2. Funeral Notices. The PCT has arranged with Fr Denis to fill an important information gap. With the offer of publishing funeral notices in the church newsletter, bereaved families now have an opportunity if they so wish, to make funeral details available to parishioners.