



**St. John's Parish**  
Roman Catholic Church

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# SALT AND LIGHT IN THE MIDST OF THE WORLD

FIFTH SUNDAY IN ORDINARY TIME - FEBRUARY 8, 2026

In today's Gospel Reading (*cf. Mt 5:13-16*), Jesus says to his disciples, "You are the salt of the earth. ... You are the light of the world" (*vv. 13-14*). He uses a symbolic language to indicate to those who intend to follow him some criteria for living presence and witnessing in the world.

First image: salt. Salt is the element that gives flavour and which conserves and preserves food from corruption. The disciple is therefore called to keep society far from the dangers, the corrosive germs which pollute the life of people. It is a question of resisting moral degradation, sin, bearing witness to the values of honesty and fraternity, not giving in to worldly flattery of careerism, of power, of wealth. "Salt" is the disciple who, despite daily failures — because we all have them — gets up again from the dust of his errors, and begins again with courage and patience, every day, to seek dialogue and encounter with others. "Salt" is the disciple who does not look for consensus and praise, but strives to be a humble, constructive presence, faithful to the teachings of Jesus who came into the world not to be served, but to serve. And there is a great need for this attitude!

The second image that Jesus proposes to his disciples is that of light: "You are the light of the world". Light disperses darkness and enables us to see. Jesus is the light that has dispelled the darkness, but it [darkness] still remains in the world and in individuals. It is the task of Christians to disperse it by radiating the light of Christ and proclaiming his Gospel. It is a radiance that can also come from our words, but it must flow above all from our "good works" (*v. 16*). A disciple and a Christian community are light in the world when they direct others to God, helping each one to experience his goodness and his mercy. The disciple of Jesus is light when he knows how to live his faith outside narrow spaces, when he helps to eliminate prejudice, to eliminate slander, and to bring the light of truth into situations vitiated by hypocrisy and lies. To shed light. But it is not my light, it is the light of Jesus: we are instruments to enable Jesus' light to reach everyone.

Jesus invites us not to be afraid to live in the world, even if sometimes there are conditions of conflict and sin there. In the face of violence, injustice, oppression, the Christian cannot withdraw into self or hide in the security of his own enclosure; the Church also cannot withdraw into herself, she cannot abandon her mission of evangelization and service. Jesus, at the Last Supper, asked the Father not to take the disciples out of the world, to leave them, there, in the world, but to guard them from the spirit of the world. The Church expends herself with generosity and tenderness towards the little ones and the poor: this is not the spirit of the world, this spreads light, it is salt. The Church listens to the cry of the least and the excluded, because she is aware that she is a pilgrim community called to prolong Jesus Christ's saving presence in history.

May the Blessed Virgin help us to be salt and light in the midst of the people, bringing to everyone, by example and word, the Good News of God's love.

**THE 34th WORLD DAY OF THE SICK:** Pope Leo XIV has chosen the theme for the 34th World Day of the Sick, which will be celebrated on February 11, 2026: **“The compassion of the Samaritan: loving by bearing another’s pain”**. The theme of the World Day of the Sick, focusing on the Gospel figure of the Samaritan who shows love by caring for the suffering man who fell into the hands of thieves, highlights this aspect of love of neighbor: love needs concrete gestures of closeness, through which we enter into the suffering of others, those who are ill, especially those who at the same time experience poverty, isolation, and loneliness . The World Day of the Sick, established by St. John Paul II in 1992, is a privileged moment of prayer, spiritual closeness, and reflection for the entire Church and for civil society, who are all called to recognize the face of Christ in our sick and vulnerable brothers and sisters. Click the link below for the full text of [MESSAGE OF POPE LEO XIV FOR THE 34th WORLD DAY OF THE SICK 2026](#)

**CWL Meeting:** The first meeting of our Catholic Women's League for 2026 will be on February 10<sup>th</sup> at 7pm in the church hall. We will be setting our budget at this meeting while enjoying some fellowship and refreshments so hope to see you there. New members are always welcome!

## ENGLISH MASS SCHEDULE

### *Fifth Sunday in Ordinary Time*

Saturday, February 7 **5:00 PM**  
+Ivan Holder +William, Stella & Gerald Dombroskie

Sunday, February 8 **9:00 AM**  
For All Parishioners Living & Deceased

Tuesday, February 10 *St. Scholastica* **11:00 AM**

Wednesday, February 11 **11:00 AM**  
World Day for the Sick

Thursday, February 12 **11:00 AM**

Friday, February 13 **11:00 AM**

### *Sixth Sunday in Ordinary Time*

Saturday, February 14 **5:00 PM**  
+Gerard Hennessey +Darren Mahon

Sunday, February 15 **9:00 AM**  
For All Parishioners Living & Deceased

## MISAS EN ESPAÑOL

### *V Domingo Ordinario*

Sabado 7 de Febrero **7:00 PM**  
+Martha Camacho +Marvin Castillo Courtade +Gloria Flores de Lazo

Domingo 8 de Febrero **11:00 AM & 1:00 PM**  
Por la Comunidad Parroquial

Martes 10 de Febrero *Santa Escolástica* **12:00 PM**  
+Anabel Herrador

Miercoles 11 de Febrero **12:00 PM**  
Dia Mundial de los Enfermos

Jueves 12 de Febrero **12:00 PM**

Viernes 13 de Febrero **12:00 PM**

### *VI Domingo Ordinario*

Sabado 14 de Febrero **7:00 PM**  
+Pedro Antonio Molina

Domingo 15 de Febrero **11:00 AM & 1:00 PM**  
Por la Comunidad Parroquial

**La XXXIV JORNADA MUNDIAL DEL ENFERMO** será el 11 de febrero. El Papa León XVI ha elegido el tema: **“La compasión del samaritano: amar llevando el dolor del otro”**, centrado en la figura evangélica del samaritano que cuida amorosamente al hombre herido por los ladrones. Nos recuerda que el amor al prójimo necesita gestos concretos de cercanía, con los que se asume el sufrimiento ajeno, sobre todo el de aquellas personas que viven en situación de enfermedad, a menudo en un contexto de fragilidad debido a la pobreza, al aislamiento y a la soledad. La Jornada Mundial del Enfermo, instituida por San Juan Pablo II en 1992, busca ser un momento privilegiado de oración, de cercanía y de reflexión para toda la comunidad eclesial y para la sociedad civil, llamada a reconocer el rostro de Cristo en los hermanos y hermanas marcados por la enfermedad y la fragilidad. Dé click en el siguiente link para leer el texto completo del [MENSAJE DEL SANTO PADRE LEÓN XIV PARA LA XXXIV JORNADA MUNDIAL DEL ENFERMO](#).