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A little light. A little salt What a difference!

*How many light bulbs do you need to light a room?
 How much salt do you need for 3 cups of rice?*

For the last two Sundays, we have been declaring that Jesus is the Light of the World! In today's Gospel, Jesus declares that we are the "salt of the earth" and we are "light of the world". So how can we Christians be salt and light? In his homily during a Mass on 7 June 2016, Pope Francis has a simple answer.

Pope Francis has urged believers to be true Christians and give flavor to the life of others, not to be tempted to shine light upon themselves but to bring the light of faith to their neighbors and to humankind. Christians, he said, must be salt and light, but never self-serving: salt must add flavor and light must illuminate the other.

As regards the salt that Christians are called to be: *it becomes salt when it is given to others. Salt is something to be used, not to keep for oneself, but to give to others*". This, Pope Francis explained, is another Christian attitude: *"to give of oneself, to give flavor to the lives of others, to give flavor to many things with the message of the Gospel."* "It's curious," he continued, *"both salt and light are for others, not for oneself: salt does not give flavor to itself; light does not illuminate itself."*

The Pope continued his homily with the question: *"what must a Christian do in order for the salt not to run out, so that the oil to light the lamp does not come to an end?"* The "battery" a Christian uses to generate light, the Pope explained, is simply prayer. Prayer is what lights up Christian life, and the Pope highlighted the fact that prayer is

a "serious" matter: *"a prayer of adoration to God the Father, a prayer of praise to the Holy Trinity, a prayer of thanksgiving, a prayer to request to God... prayer must come from the heart."* "There are many things one can do, many works of charity, many great things for the church—a Catholic University, a college, a hospital—you may even be rewarded as a benefactor of the church with a monument, but if you do not pray, it will be dark and dimly lit," he said.

Of course, he noted, *"you may be wondering how long salt and light can last without running out if we continue to give of ourselves relentlessly. That's where the power of God comes in, the Pope explained, because the Christian is salt given to us by God during Baptism, it's a gift that never ends."*

"May your light shine before men", the Pope concluded, *"so that they may see your good works and give glory to your Father who is in Heaven."*

One small light bulb to light a room. A pinch of salt is enough to flavour 3 cups of rice. So one kind word or deed; one act of generosity or gentleness. That is all that is required from each of us - every day of our life.

"Not all of us can do great things. But we can do small things with great love."

(Saint Mother Teresa of Calcutta)

Reflection by Ros

Novena notes



5th Sunday Of Ordinary Time
 Year A
 9 February 2020

Readings & Responses for the Week

Sun, 9 February	Is 58:7-10; 1 Cor 2:1-5; Mt 5:13-16 The good man is a light in the darkness for the upright.
Mon, 10 February St. Scholastica	1 Kgs 8:1-7,9-13; Mk 6:53-56 Go up, Lord, to the place of your rest!
Tue, 11 February Our Lady of Lourdes	1 Kgs 8:22-23,27-30; Mk 7:1-13 How lovely is your dwelling-place, Lord, God of hosts.
Wed, 12 February	1 Kgs 10:1-10; Mk 7:14-23 The just man's mouth utters wisdom.
Thu, 13 February	1 Kgs 11:4-13; Mk 7:24-30 O Lord, remember me out of the love you have for your people.
Fri, 14 February SS. Cyril & Methodius	1 Kgs 11:29-32; 12:19; Mk 7:31-37 I am the Lord your God; listen to my warning.
Sat, 15 February	1 Kgs 12:26-32; 13:33-34; Mk 8:1-10 O Lord, remember me out of the love you have for your people.

WEEKDAY MASS (MON - FRI)
 Time: 6.30am, 12.15pm, 6.30pm
 Confession: Half an hour before all Masses except the morning Mass

SUNSET MASS (SAT)
 Time: 6.30pm

SUNDAY MASS
 Time: 8am, 10am, 12noon*, 5.30pm
 *2nd & 4th Sunday - Mass in Tagalog, subject to the availability of priests.

PUBLIC HOLIDAY : 8am, 6.30pm


SATURDAY MORNING MASS
 Time: 7am

SATURDAY NOVENA DEVOTION
 English: 8am, 9.30am, 11am, 1pm, 4pm, 5.30pm
 Mandarin: 2.30pm
 Confession: After every Novena Service except after the 11am service.

DAYS OF OBLIGATION
 Time: 7pm (Eve of Day of Obligation)
 6.30am, 12.15pm, 7pm

Novena notes

**70th ANNIVERSARY
PILGRIMAGE SERIES**



FOLLOWING THE FOOTSTEPS OF ST. ALPHONSUS
led by Fr Terence Wee and Bro Albert Khoo


Pilgrimage Series Part I

DATES - 16 to 26 March 2020

All-inclusive tour prices from
S\$4,118/- to S\$5,038/- per person

Available on a first come first served basis upon receipt of downpayment.

For full itinerary, please contact
Anthony Tay - 9144 4400



Lenten Novena

Our Lenten Novena to prepare for Easter will begin on Saturday, 8th February 2020. The Theme for this special Novena is: "A New Spring Time." All are welcome and bring along your family and friends.

8 Feb: Back to Basics: What Lent Is and Is Not

15 Feb: Stop
Slow Down, Enter the Desert

22 Feb: Listen
Where am I with God?

29 Feb: Receive
Be refreshed by the dewfall of the Spirit

7 Mar: Breathe
May we allow the spirit to breathe forgiveness in our heart.

14 Mar: Change
Be transformed.

21 Mar: Love yourself
Where am I with myself?

28 Mar: Love others
Where am I in my relationship with others?

4 Apr: Hope
Where do I go from here?

Old Palms

As we are preparing for Ash Wednesday on 26th February, please bring your old palms and drop them in the boxes available at the front of the Church.

Novena Family Walk

Please note that the "Novena Family Walk" on 14th March 2020 (Saturday morning) at Gardens by the Bay will be postponed to a later date due to the outbreak of the virus. For those who have already signed up, the committee will contact the individuals personally.

11 February, Feast of Our Lady of Lourdes

February 11 is the feast day of Our Lady of Lourdes, one of the most famous apparitions of the Blessed Virgin Mary that took place in southern France. On this day in 1858, a young, poor girl named Bernadette Soubirous was out collecting firewood with her sister and another friend near a grotto when she saw a vision of a lovely lady.

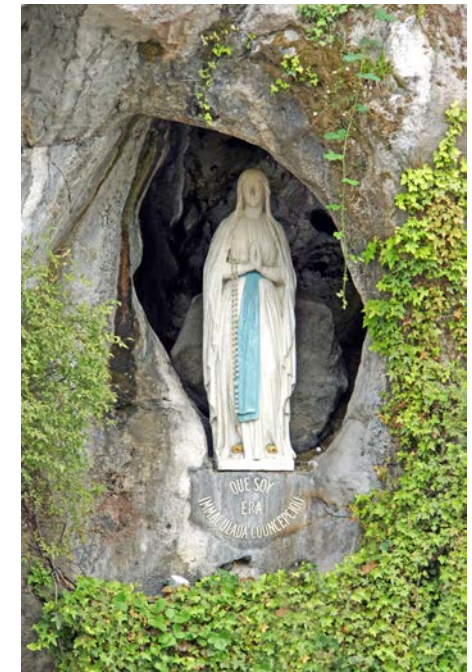
In the words of St. Bernadette,

"I raised my head and looked towards the grotto. I saw a Lady dressed in white, wearing a white dress, a blue girdle and a yellow rose on each foot, the same color as the chain of her Rosary."

In the vision Our Lady was praying the rosary.

Bernadette reluctantly told her parents of the apparition, and in response they forbade her from going back to the grotto. A few days later, on February 14th, Bernadette was permitted to return to the grotto, and again the Lady appeared to her. This happened again on February 18th. On this third visit the Lady asked Bernadette to come back to the grotto every day for the next two weeks.

At these subsequent visits the Lady (who had not yet identified herself as the Blessed Virgin Mary) asked for a chapel to be built on the grounds, for Bernadette to pray for the conversion of sinners, and for her to drink the spring water that was revealed to her at the grotto.



Many of the townspeople believed that Mary was appearing to Bernadette, and they came down in large numbers to the grotto to pray. The spring that the Lady asked Bernadette to drink from quickly revealed itself to be blessed water with miraculous healing properties.

As for herself, Bernadette suffered much, not only through physical suffering due to her chronic poor health, but also through the jealousy and suspicion from others because she was given the grace of visits from the Blessed Mother. This proved true the words Our Lady spoke to Bernadette at the grotto, "I do not promise to make you happy in this world, but in the other."

<https://www.getfed.com/february-11-our-lady-of-lourdes-5986/>