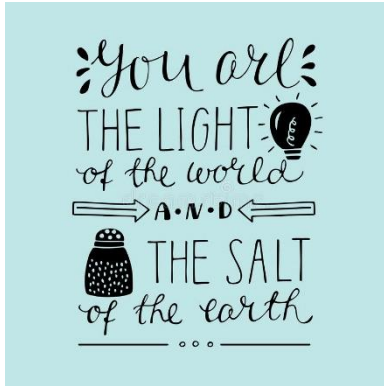




Following upon the teaching of the [Beatitudes](#), Jesus uses the now familiar metaphors of salt and light to describe the life of discipleship. We take salt and light for granted in our society, but these commodities were more precious in ancient cultures. Just as now, salt was used in Jesus' time for flavoring, as a preservative, and as a healing agent. Similarly, the widespread use of electricity in the modern world makes us less aware of the value and importance of light in our lives.

Still, our familiarity with this passage from Matthew's Gospel speaks well to the abiding power of the imagery that Jesus presented. Jesus' call to be salt for the earth and light for the world powerfully states our mission as Church and as Christians. Our commitment to social justice flows from the exhortation that Jesus gives us in today's Gospel. Some of the activities that this commitment leads us to are given more concrete expression as the Corporal and Spiritual [Works of Mercy](#). When we feed the hungry, clothe the naked, console those who mourn, and so on, we show ourselves to be the salt of the earth and the light of the world. When we do these things with the community of faith, the Church, we are indeed acting as "a city set on a mountain" that cannot be hidden!



ST. JOSEPH'S PARISH  
Vanderhoof, BC

**5th Sunday in Ordinary Time**  
Year A  
February 8th, 2026

*"O come, let us worship God and bow low before the God who made us, for he is the Lord our God."*



HOLY TRINITY  
CHURCH MISSION  
Saik'uz First Nation, BC

**PASTOR:** Rev. Pier Pandolfo  
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Website: [stjosephsvanderhoof.ca](http://stjosephsvanderhoof.ca)

**EUCCHARIST**

Saturday St. Joseph.....5:00 p.m.

Sunday St. Joseph.....9:30 a.m.

Sunday Holy Trinity.....12:00 noon

Tues & Thurs.....6:30 p.m.

Wed & Fri.....9:00 a.m.

**RECONCILIATION**

By appointment.

**BAPTISM**

Contact Father Pier for more information.

**MATRIMONY**

Please contact Father Pier for an appointment at least six months

**PRAYER REQUESTS:** For Brenda Antoine, Jason Aritolla, Mackie Basil, Julio Bonilla jr., Cooper Cursley, Evelyn Embree, Ronald Gilmore, Brent Gray, Ellen Haynes, Patrick Irving, Lisa Ketlo, Halli & Hunter Krawczyk, George LaBrash, Jennifer Lock, Wanda Miller, Della Morin, Eunice Nash, Virginia Power, Dorothy Ranck, Ian Scott, Madeline Scott, Vanessa Stewart, Gerry Theissen, Mike VanDusen, and for all who are ill or in need of God's healing grace.

When I shared with my grandson the fact that the Creator of the whole universe had come to us in human form, he was in awe, as were the first Christians. It is, after all, a staggering thought, isn't it? We should be hanging on every word God has said; but strangely, we've grown accustomed to them.

Today's liturgy reminds us that Jesus, the Word of God, is the Light of the world, a light that shines through the darkness of our frail ideologies. The deepening world crises are proof that we can't get it right on our own. Collectively, we've tried everything except God's way: the way of love, compassion and forgiveness.

So why did God say, in Isaiah, "your light shall rise in the darkness"? Why did Jesus say, "You are the light of the world"?

All wisdom is God's wisdom. When we let it guide us, when we live by it, we begin to reflect his light the way the moon reflects sunlight: as a pale reflection. St. Paul said humbly: "My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God." May the power of God light up our lives!

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We cannot hide from God. What does it mean to be salt, light, a city built on a mountain? Today's readings remind us that, as baptized Christians, we cannot hide. God — who is a God of justice and mercy — had expectations of Israel. The Israelites were not off the hook regarding how they were to act, and neither are the followers of Jesus. God has expectations of us. People see us, they observe what we do and how we act.

What are they seeing? We can't be followers in name only. Homework: Since we cannot hide from God, read Psalm 139 where the writer describes how wonderfully God has created each of us – there is no need for us to hide.

**VOCATION -To Be Holy:** The Baltimore Catechism listed the question 'Why did God make me?' and the answer 'To know Him, to love Him, and to serve Him in this world, and to be happy with Him in the world to come.' The Vatican Council in the document "Lumen Gentium" (On the Church) described that the main vocation of God's children is to be holy. A person's vocation is the answer to God's call. The Church recognizes four ways to follow God's call: the single life, the married life, and the priesthood and religious consecrated life.

**Consecrated life:** is a stable form of Christian living by those faithful who feel called to follow Jesus Christ in a more exacting way recognized by the Church. It "is characterized by the public profession of the evangelical counsels of poverty, chastity, and obedience, in a stable state of life recognized by the Church"; What makes the consecrated life a more exacting way of Christian living is the public vows whereby the consecrated persons commit themselves, for the love of God, to observe as binding the counsels of chastity, poverty and obedience from the Christian Gospel, or at least, in the case of consecrated virgins and widows/widowers, a vow of total chastity. Consecrated life may be lived either in institutes or individually. While those living it are either clergy (if ordained) or lay people, the state of consecrated life is neither clerical nor lay by nature.

Feb11: Our Lady of Lodes, World Day of the Sick. The Church has set aside Feb11 as the day for prayer for the sick, and a special effort is made to celebrate the sacrament of the Anointing of the Sick. To accommodate the greatest number of anointings, on Wednesday, February 11 I will celebrate the sacrament at 9am and at 6:30pm. I will also offer an abbreviated anointing service after the regular masses on February 14 and 15.

Feb17: Shrove Tuesday Pancake Supper: Our annual Shrove Tuesday supper is here again ... come out and support this parish event in preparation for Lent.

Feb18: Ash Wednesday – services at St. Josephs at 9 and 6:30 and at Saik'uz at 12noonish.

WE ARE COLLECTING PALMS from last year to be burned and used for ashes.

ALPHA: starts next Wednesday, Feb 11. Consider committing to the first two sessions. Available online or in-person.

LHC Life Healing Choices: next offering of the course is October 2026; pray always for those with addictions.

Transformed lives, transforming community: mission statement for evangelization;

Intimate encounter with God through an open heart: mission statement for prayer;

PARISH ACTIVITIES: Feb11 – Anointing of the Sick at masses 9am and 6:30pm

PARISH ACTIVITIES: Feb17 – Shrove Tuesday, 5pm start

PARISH ACTIVITIES: Feb18 – Ash Wednesday

QUIET PARISH HEROS : those who volunteer in cleaning our facility.

### **CWL ROSARY INITIATIVE**

Have old or broken rosaries?

If you have loose beads, broken pieces, or parts of rosaries you'd like to donate, please give them to the CWL for repurposing.

If you have a rosary, you'd like repaired, connect with Connie Wallace, our local rosary expert.

Donated pieces may be used to repair rosaries, create new ones, or support this ongoing project.

Thank you for helping keep these sacred items in use

### **CWL Prayer Cards Initiative**

Prayer cards are available at the back of the foyer by the CWL box.

Write your prayer intention and place the card in the box.

Members of the CWL and/or the Prayer Circle will pray for these intentions.

If you would like to take part in this prayer initiative, please connect with your CWL

### **2025 DIOCESAN ANNUAL APPEAL – CALLED TOGETHER**

Parish Goal: \$13,952

Actual to Date: \$15,480

## **Rachel's Vineyard – Serving the North**

OUR NEW WEBSITE IS NOW IN OPERATION!

[www.rachelsvineyardpg.ca](http://www.rachelsvineyardpg.ca)

SPRING WEEKEND RETREAT FOR 2026:

May 22 – 24, registrations now being accepted. For Further information on this Healing Ministry, please refer to our website. **Confidentiality Assured.**

THANK YOU TO ALL THOSE IN OUR DIOCESE WHO HAVE SUPPORTED OUR WORK IN 2025!