

FROM FR. DEO

February 8, 2026



Dear Sisters and Brothers,

God is good all the time... All the time God is good!

Today we celebrate the Fifth Sunday in Ordinary Time. The readings invite us to bear witness to Christ by living and sharing our faith. When we serve others with humility and love, we become signs of God's presence—bringing flavor to the world and light to those in darkness.

The first reading from Isaiah (Is 58:7-10) reminds us that authentic faith is lived and shown through concrete acts of justice. Isaiah insists that God's light shines through us when we care for the hungry, the poor, and the oppressed. In the second reading (1Cor 2:1-5), St. Paul declares that the Good News is not proclaimed through human wisdom or eloquence, but through humility and the power of God's presence.

In the Gospel (Mt 5:13-16), Jesus calls His disciples "the salt of the earth" and "the light of the world." These images challenge us to live our faith openly and authentically. Jesus does not say, "You should attempt to become the salt of the earth," or "Try to be the light of the world." He says, "You are." These are not suggestions; they are calls to action.

In everyday life, a little bit of salt and light may seem insignificant, yet they can make a great difference. Just a little salt enhances flavor, and even a small light pushes back darkness. Salt and light do not exist for themselves, but to serve. In the same way, faith must be lived and shared. Jesus is warning us that discipleship cannot stay hidden or private. We let our light shine not by drawing attention to ourselves, but by giving glory to God.

The vision of our parish is to be a welcoming community that lives out our faith visibly—through joyful witness, generous service, and a readiness to share the Gospel in word and action. When we live this way, our parish becomes what Jesus calls us to be. In other words, we become salt and light not through big speeches, but through concrete and small acts of love, forgiveness, generosity, and justice.

This Sunday challenges us to ask ourselves: Where has God placed me to be salt? Who needs light in their darkness because of me? As Pope St Paul VI says: "Modern man listens more willingly to witnesses than to teachers, and if he does listen to teachers, it is because they are witnesses." When we live the Gospel quietly and faithfully, Christ's light shines through us—and that light can change lives.

In Parish news, today we celebrate Scout Sunday, honoring the Scouts of our parish community. We are grateful to the Cub and Girl Scouts and their leaders for their dedication and positive witness, and we ask God's blessing upon them as they continue to grow in faith and service.

St Elizabeth of the Trinity, Pray for us!

In Christ,

Fr Deo

Jesus said to his disciples:
"You are the salt of the earth.
But if salt loses its taste, with
what can it be seasoned? You
are the light of the world. A
city set on a mountain cannot
be hidden."
- Mt 5:13a, 14