

## REFLECTIONS FOR THIS SUNDAY

### 5TH SUNDAY OF THE YEAR:

#### FIRST READING:- A reading from the Book of Isaiah (58:7-10)

Prophet Isaiah tells his fellow -Jews that God commands them to practise charity towards their needy neighbours. It is only by doing so, they can prove their love and loyalty to God.

**RESPONSE :-** Praise the Lord who heals the broken-hearted.

#### SECOND READING: - A reading from the First Letter of St. Paul to the Corinthians (2:1-5)

St. Paul tells his Corinthian converts, that his success was not due to any of his merits but to the Spirit and the power of God, which was made manifest among them.

#### GOSPEL :-A reading from the Holy Gospel according to St. Mathew (5:13-16)

Christ calls his followers the 'Salt of the earth' and the 'Light of the World'. Thus Christ puts his followers on the same level as himself.



### वर्ष का पौचवौ रविवार

पहला पाठ: नबी इसायास का ग्रंथ ५८:७-१०

सच्ची धर्मिकता इसमें है कि हम भूखों को रोटी खिलायें, बेघर दरिद्रों को अपने यहाँ ठहरायें पददलितों का उद्धार करें और सब प्रकार के अन्याय से दूर रहें। उन्हीं कार्यों से हमारी ज्योति उशा की तरह फूट निकलेगी और ईश्वर हमारी सहायता करेगा।

अनुवाक्य: भक्त धर्मियों के लिए अंधकार का प्रकाश है।

दूसरा पाठ: कुरिंथियों के नाम संत पौलुस का पहला पत्र २:१-५

आप लोगों का विश्वास किसी मानवीय प्रज्ञा पर नहीं, बल्कि ईश्वर की शक्ति पर आधारित हो आप जितना कमजोर और समझहीन हैं उतना आप जितना पवित्र आत्मा प्रकाश डालेंगे।

सुसमाचार: सन्त लूकस का सुसमाचार २:२२-४० सन्त मत्ती का सुसमाचार ५:१३-१६

ज्योतिस्वरूप प्रभु येशु सभी ईसाइयों को ज्योतिस्वरूप बनाना चाहते हैं ताकि वे अपने भले कार्यों द्वारा संसार में चमकते रहें तथा उनके कार्य को आगे बढ़ाते रहें।

## PARISH NEWS

### LEO FLORISTS:

Specialists in: Church Decoration for Marriages and Marriage Anniversaries, Wedding bouquet, Car Decoration & Office Arrangements.

Contact: Deepak Massey  
Mobile: 9810323408, 9891210568

### FREE CLINIC AT MARIA BHAVAN BASEMENT:

#### ACCUPRESSURE TREATMENT:

There is free clinic for accupressure treatment every Saturday from 09:00 am to 01:00 pm.

#### HOMEOPATHIC TREATMENT:

Free homeopathic treatment is available every Saturday from 04:30 pm to 06:30 pm.

## Thought for the Week

"I am not capable of doing big things, but I want to do everything, even the smallest things, for the greater glory of God."

Saint Dominic Savio

### HOLY FATHER'S INTENTIONS FOR FEBRUARY

That the International Community may be ever more aware of the urgent duty to bring an end to the trafficking in human beings.

That in the Missions the lay faithful may recognize the need to serve their own country with greater commitment also in its political and social life.

## READINGS OF THE WEEK

10/Mon 1kns 8:1-7; Ps 132; Mk 6:53-56

11/Tue 1Kgs 8:22-23,27-30; Ps 84; Mk 7:1-13

12/Wed 1Kgs 10:1-10; Ps 36; Mk 7:14-23

13/Thu 1Kgs 11:4-13; Ps 106; Mk 7:24-30

14/Fri 1Kgs 11:29-32;12:19; Ps 80; Mk 7:31-37

11/Sat 1Kgs 12:26-32;13:33-34; Ps 106; Mk 8:1-10

# CATHEDRAL Calling

**"GO, AND SIN NO MORE!"**

*First Sunday of Advent*



### Parish Priest:

Rev. Fr. Maria Susai

### Co-pastors :

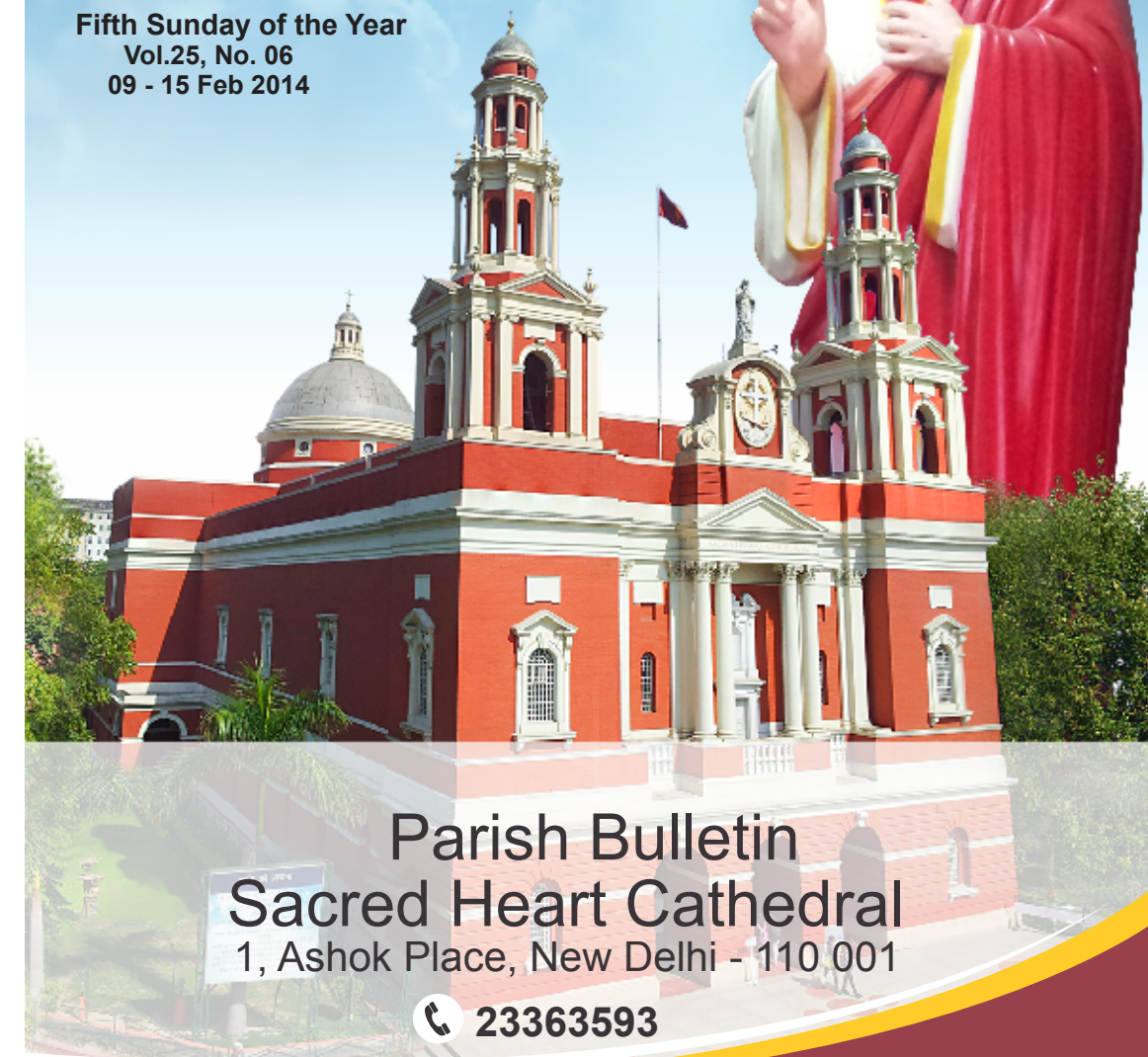
Rev. Fr. Shyju Xavier

Rev. Fr. Umesh Ekka

### Fifth Sunday of the Year

Vol.25, No. 06

09 - 15 Feb 2014



Parish Bulletin  
Sacred Heart Cathedral  
1, Ashok Place, New Delhi - 110 001

☎ 23363593

E-Mail: [sacredheartcathedralnewdelhi@gmail.com](mailto:sacredheartcathedralnewdelhi@gmail.com)  
Website: [www.sacredheartcathedraldelhi.org](http://www.sacredheartcathedraldelhi.org)



## WINTER MASS TIMINGS

### SATURDAYS:

**Cathedral : 6.30 p.m. Sunday Anticipated Mass (English)**  
**(Weekday Masses at 6.00 a.m., 1:00 p.m. and 6.30 p.m.)**

### SUNDAYS:

Cathedral :	06.30 a.m.	—	English
	07.30 a.m.	—	Malayalam
	09.00 a.m.	—	English
	10.15 a.m.	—	Hindi
	11.30 a.m.	—	English
	04.30 p.m.	—	Hindi
	06.30 p.m.	—	English
Carmel :	07.30 a.m.	—	Hindi
Mater Dei :	07.00 a.m.	—	Hindi
ISI :	07.00 a.m.	—	Hindi

Apostolic Nunciature : 07.30 & 10.00 a.m.—English

### REFLECTION:

Light is the key word that we find in the first and third readings of today. In the second reading Paul, from his own experience enlightens us that real light does not come from ‘wise’ reasoning and clever sophistry but from the cross of Jesus. The light which comes from the cross and shines in our lives should lead us to those people among us who are ‘hungry’, ‘afflicted’, and ‘homeless’, in order to be in the presence of ‘Jesus Christ and Him crucified’ who came as light to dispel darkness.

The function of light is to shine, to illumine. The light of faith which we have received is not to be kept hidden but to shine and spread around. Just like light which illumines, guides, and gives warmth, just like salt which purifies, preserves and gives taste our Christian life is meant to enkindle the goodness in others and promote its growth.

“As light, we are to provide illumination so that the talents and hopes of others can be seen and acted upon. As the light of our families and neighbourhoods, of our parishes and religious communities, we are to speak and act in such a way that people do not crash into one another with anger and spiteful words - as Isaiah wrote, with ‘false accusations and malicious speech’.

In short we are to be always instruments of peace, warmth, love, trust, confidence, respect, dignity, care and concern.

(Courtesy: “New Horizon Homilies” by Philip John & Premdas, SSP)

## PARISH NEWS

### HOLY CHILDHOOD SUNDAY:

Today is celebrated as Holy Childhood Sunday. There will be a second collection taken at all Masses. The money will be sent to Holy Childhood Society. The envelopes are also available outside the Church.

### COMMON CATECHETICAL PROGRAMME:

The next batch of the Common Catechetical programme meant for those who, for some reason or the other, have not yet received the Sacraments of Holy Communion and Confirmation, will begin shortly. We request all such candidates to kindly give their names to the Parish Fathers.

### ALPHA COURSE:

The next session of the Alpha Course, designed to help Catholics explore and rediscover their faith, will begin on Thursday, the 13th of February, 2014. Kindly see the Notice Board for details and to register for the course.

### CHURCH SUPPORT FUND:

Kindly pay your Church Support Fund to the members of the Catholic Association every Sunday. Supporting the Church financially is the obligation of every Catholic family.

### HEALING MINISTRY WEEK:

The Healing Ministry week is being observed from 6-12 February 2014. 11th February is the “World Day of the Sick”. This year’s Healing Week theme is ‘You are precious in God’s sight’. Kindly Pray for the sick.

### SAINTS OF THE WEEK:

Feasts in the coming week: 11th February, Our Lady of Lourdes, 14th February, Saints Cyril and Methodius

### JOB OPPORTUNITIES:

There are many vacancies in Delhi Catholic Archdiocesan Schools. Application forms must be collected from the concerned School Offices between 1st and 10th February and submitted by hand to the Education Office, Yusuf Sadan between 10th to 15th February. For details contact the Parish Fathers.

## पल्ली सूचनाएँ

### लड़को के लिए हॉस्टल सुविधा

बहु अकबरपुर रोहतक में लड़के बच्चों के लिए हॉस्टल सुविधा उपलब्ध है इसमें अंग्रेजी माध्यम के तीसरी से पाँचवी कक्षा के बच्चों को ही लिया जायेगा। २ जनवरी और २३ जनवरी को युसुफ सदन में सुबह ११ बजे टेस्ट होगा। यह उन बच्चों के लिए बहुत ही लाभदायक होगा जिन घरों में बच्चों को पढ़ाई के अच्छे माहौल नहीं मिलते हैं।

### पवित्र बालकपन दिवस

आज पवित्र कलीसिया पवित्र बालकपन दिवस मना रही है प्रत्येक मिस्सा के दौरान दूसरा चन्दा लिया जायेगा।

### विशेष धर्म शिक्षा

जिन लोगों ने अब तक परमप्रसाद और दृढीकरण संस्कार ग्रहण नहीं किये हैं उनके लिए विशेष क्लास

जल्द ही शुरू होने वाली है कृपया अपना नाम पैरिश ऑफिस में दें।

### अल्फा कौर्स

हमारे पल्ली में अल्फा कौर्स १३ फरवरी २०१४ से शुरू होने वाली है। अधिक जानकारी हेतु नोटिस बोर्ड देखें।

### चर्च सपोर्ट फन्ड

प्रत्येक रविवार चर्च सपोर्ट फन्ड आप कैथोलिक एसोसिएशन के सदस्यों के पास जमा कर सकते हैं। चर्च को सपोर्ट करना प्रत्येक परिवार का कर्तव्य है।

### *Pope`s Message for the 22nd World Day of the Sick*

The Holy Father in his message to mark the occasion, turns his attention to the sick and all those who provide them with care and treatment. He begins by reminding those who are afflicted that the “the Church sees the special presence of the suffering Christ in them and that God gives us the courage to face each adversity with him and united to Him.

The Holy Father then underscores the importance of the role of the Son of God made man in the life of those who suffer, explaining that his very nature has the power to transform and reduce human disease by taking it on himself, saying that’s why suffering no longer has the last word.

In the third part of his message the Pope exhorts us to approach those who are in need of care with tenderness.

The holy father concludes his message by reflecting on the figure of St. John, the disciple who was with Mary at the foot of the cross. It is this saint, he stresses, that takes us back to the source of faith and charity, (the theme chosen this year) to the heart of God who is love and he reminds us that we cannot love God if we do not love our neighbour.

*“Ask and it will be given to you; seek and you will find;  
knock and the door will be opened to you.”*