



St. Paul's Co-Cathedral Parish

720 Spadina Crescent East

Saskatoon, SK S7K 3H2

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5th Sunday in Ordinary
Time

February 8, 2026

Are We Worth our Salt?

I remember standing in Neuschwanstein Castle in Bavaria – I was a young man hiking across Europe. The tour was in English, and the majority of tourists were Americans. In one of the halls was preserved the bread and salt King Ludwig had been given by the Russian Tsar. The guide explained that this is an ancient custom was deeply meaningful in honouring guests. A fellow piped up, “they gave Ludwig salt?”. Yes, the guide replied. “That’s stupid”, said the fellow loudly. I turned to one of my companions saying, “And so two thousand years of tradition collapses.”



In a sense, however, one can understand the comment. Salt is so commonplace for us that we do not realize that in ancient times its use as a preservative, a fertilizer, and a seasoning made it very valuable. Soldiers were often paid in refined salt, – most of the common salt came with impurities – “*sal*” in Latin from which we get the word “Salary.” So precious was salt regarded, that sacrifices to God in the Temple were sprinkled with it. Since salt protected from impurities and preserving food from putrefaction, when treaties and agreements were made it was common for it to be consumed during these solemn acts as a symbol of lasting concord. In the East this tradition continues (despite being written off by that tourist in Bavaria). Ancient salt with its impurities, however, could easily become insipid if it was not stored properly and so contaminated or exposed to moisture.

Jesus’ parable about the salt which loses its flavour, thus, is a very powerful image that challenges us to reflect in this pre-Lenten time. The question, I think, is not primarily *negative* – “How have I lost my saltiness?” – but rather positive – “How salty am I?” – which is an invitation to deepen the way in which our life is salted – permeated in saltiness - by Jesus, by our faith in Him, and by the power of the Holy Spirit we have received.

This Sunday, Isaiah (Is. 58) provides us with an “examination of conscience” for our saltiness:

- ◊ What words and actions might I do to stop putting a yoke on those in my life when I gossip and judge, “the pointing of the finger, the speaking of evil”? How do I mediate on God’s Word in Scripture with an eye to finding the daily healing words Jesus impels me to speak?
- ◊ What more can I do to “share your bread with the hungry”? Food is so expensive and Faith in God so rare, how can I share food and faith with those who hunger?
- ◊ How can I act in order to “bring the homeless poor into your house”? Modern conditions might make this difficult so how do I bring the homeless into my heart and advocate the breaking of this yoke?
- ◊ How salty it is to “satisfy the needs of the afflicted”? Do I call and visit those who I know would love to hear my voice? How can I be more generous in these times of economic pressure?

Lent will soon give us a chance to renew our covenant of faith with God in Jesus by sharing our salt with those God sends to us: the oppressed, the hungry, the naked, the afflicted. But where will we find the source of deepening this life in Christ?

Jesus tells us. We are to lift our eyes to the “city built on a hill” – the Kingdom of God – shining in the Cross of Jesus. We meet this Light in Holy Mass and Holy Scripture which will give saltiness to our daily lives. It means shutting off the addicting light that comes from our smartphones and lifting our eyes to...

Jesus our Light who stands sharing the Bread of Body and Blood and the Salt of faith with us.

MONDAY, February 9, 2026

11:30 am - Confessions & Rosary
12:10 pm - **Mass** (SI Vestine)
6:30 pm - Medjugorje Prayer Group

TUESDAY, February 10, 2026 St. Scholastica (M)

11:30 am - Confessions & Rosary
12:10 pm - **Mass** († Fr. Solomon Menger)

WEDNESDAY, February 11, 2026 Our Lady of Lourdes (OM) World Day of the Sick

11:30 am - Confessions, & Rosary
12:10 pm - **Mass** (SI Kerry Penner)
1:00 pm - **Eucharistic Adoration** with Prayer
Cenacle at 3:00 pm

THURSDAY, February 12, 2026

11:30 am - Confessions & Rosary
12:10 pm - **Mass** († Salwa Toma)
4:30 pm - RCIC
7:00 pm - RCIA
8:00 pm - Christ the King Prayer Group

Please consider

FRIDAY, February 13, 2026

11:30 am - Confessions & Rosary
12:10 pm - **Mass** († Stefan Raban)
5:30 pm - Sto. Nino Prayer Group
6:00 pm - Pasta with Penna

SATURDAY, February 14, 2026 St. Cyril & St. Methodius (M)

10:00 am - Confirmation Prep
11:30 am - Confessions & Rosary
12:10 pm - **Mass** († Julius Danchak)

SUNDAY, February 15, 2026 6th Sunday in Ordinary Time

8:00 am - **Mass**
10:00 am - **Mass**
12:30 pm - Eritrean **Mass**
5:00 pm - Filipino **Mass**
7:30 pm - **Solemn Vespers**
8:00 pm - **Mass**

Search - A Retreat for Youth

Friday, Feb. 20 to Sunday, Feb. 22

A diocesan Search live-in weekend retreat for students in Grades 10-12 will be held at E.D. Feehan Catholic School. Attending Search is a powerful way for youth to deepen a close, personal relationship with God, make friends and forge lasting memories. Fee is \$100, including food and accommodations. If cost is an issue or if you have questions, please contact John Hickey at jhickey@rcdos.ca. Deadline to register is Feb. 14 at saskatoonsearch.ca

Knights of Columbus "In Support of Life" Gala Fundraiser will be held **Saturday, Feb. 28**, at the Cathedral of the Holy Family. For tickets contact Merv at (306) 961-2473 or see Raoul after Mass.

Human Trafficking Awareness event will be held on **Friday, Feb. 20**, initiated by the CWL at St. Anne Parish in Saskatoon. The event begins at City Hall square with a flag raising at 11:15 am, followed by a silent walk to the Parktown Hotel with lunch, followed by a panel discussion from 1 p.m. to 3 p.m. hosted by Stephen Moorgen. For more information, email: cwlhta@gmail.com.

Sister Peter Mary provides visits to homebound parishioners. If you know of a parishioner who would benefit from a home visit, please email **Sister Peter** at srpetermary@stpaulcocathedral.ca or call 306-986-3885

OFFERING for February 1, 2026

Cash Donations	\$ 722.95
Envelopes	\$ 2,555.00
Renovations	\$ 880.00