

The International  
Day of Prayer



and Awareness against  
Human Trafficking

## Mass Times

### Monday-Friday

7.30am, 8.30am,  
10.15am, & 4pm

### SATURDAY

8.30am, 10.15am  
3pm Mass of the Sick

### SUNDAY

9.00am, 11.15am  
& 7.30pm

### CONFESSIONS

### MONDAY & FRIDAY

10.45am-12 Noon  
3.00pm-4.00pm

### SATURDAY

10.45am-12noon  
2.30pm-4pm

All Masses are  
'live streamed  
at St. Augustine's



### **St. Augustine's Church Child Safeguarding Representatives.**

Fr. Flor O'Callaghan O.S.A.  
Fr. John Lyng O.S.A.  
Ms Geraldine van Dam  
Mr. Robert Ryan  
Ms Charlotte Gleeson  
Mr. Tom Walsh



# St. Augustine's Church Limerick 8th February 2026 Fifth Sunday in Ordinary Time

website: [www.augustinianslimerick.com](http://www.augustinianslimerick.com)

email: [info@augustinianslimerick.com](mailto:info@augustinianslimerick.com)

## SALT TALKS

*You are the salt of the earth (M 5:13)*

In 1979 Jimmy Carter and Leonid Brezhnev signed the second SALT treaty after the prolonged *Strategic Arms Limitation Talks*. By then we were well used to engaging in our own SALT talks. All roads in our part of the country had jerry-built road-blocks manned by police or soldiers. These guardians of the law and the land had worked out that detecting flaws—often visible only to their eyes alone - in the traveller's vehicle or documentation was a reliable way to supplement their very poor official income. Negotiation usually led to a successful outcome. Towards the end of the year what might change hands to unblock the problem was called, with some delicacy, the salt of Christmas. This was due to the high value the people of that place put on salt rather than any etymological connexion the word might have with salary.

Back home, The Health Guardians of our own day don't like salt. They see it in every burger, package and tin, every cake and coronary. Whether we know it or not we're consuming, they say, far too much of it and it's killing us. Salt is in a race against sugar to decide which of them gets us first. And who's to say they're wrong, though some take their advice with a pinch of - well, if you like - pepper.

But in the above-mentioned, road-blocked, land the only thing thought dangerous about salt is the lack of it. The catechist in one of our churches there recalled how his grandfather used to make a round trip of over 200 roadless miles twice a month to buy salt. He travelled on foot every thorny and rocky mile of the two hundred. He carried the salt, greyish-brown lumps of rock piled high in his head-pan, or on the back of his donkey when he went up in the world a bit, to barter at his local village market every second Friday. This sounds unlikely to our ears now but was normal for the time and place. And that was only part of the salt's much longer journey. Merchants from Timbuktu had brought the salt from the north before dispatching it further south. By canoe on the Niger, or camel-caravan ship of the desert, to the cities on the Sahara's southern edge. All this because in harsh and hot places experience taught people that salt is twin to water as necessities of life. You lost it in sweat and sickness, toil and tears and you had to replace it, or else. Salt and water still make up the re-hydration that brings back many a suffering child from the edge of death.

Back to the Saharan salt: at your cooking-fire you knocked a lump off the greyish-brown rock and dropped it into your stewing pot to exude its seasoning magic to every mouthful of food therein.

It was in roughly similar terrain and climate Jesus moved. He had a like appreciation of the importance of salt. In today's gospel he makes that clear, asserting that his real followers are salt of the earth. Go and influence those around you, he tells them, like good salt in a pot. (Matthew 5:13) J. L.

# The International Day of Prayer and Awareness against Human Trafficking

Prayer: O God you came 'to set the captives free' (Luke 4:14-21)

We pray for all victims and survivors of trafficking, wars, and conflicts, who have endured suffering yet continue to show courage and resilience.

Grant them peace in their hearts and restore their dignity, wounded by violence and injustice. Inspire leaders and communities to act with courage against exploitation, war and every form of oppression.

Touch the heart of those who harm others, guiding them towards justice, reconciliation and compassion, so that all may live in freedom, respect and lasting peace. May people everywhere join hands to build a world where peace begins with dignity for all. Amen

Source: resources from the International day of prayer and awareness against human trafficking 2026

## IF IT'S FAIR - JUST BUY IT!

FAIRBRY

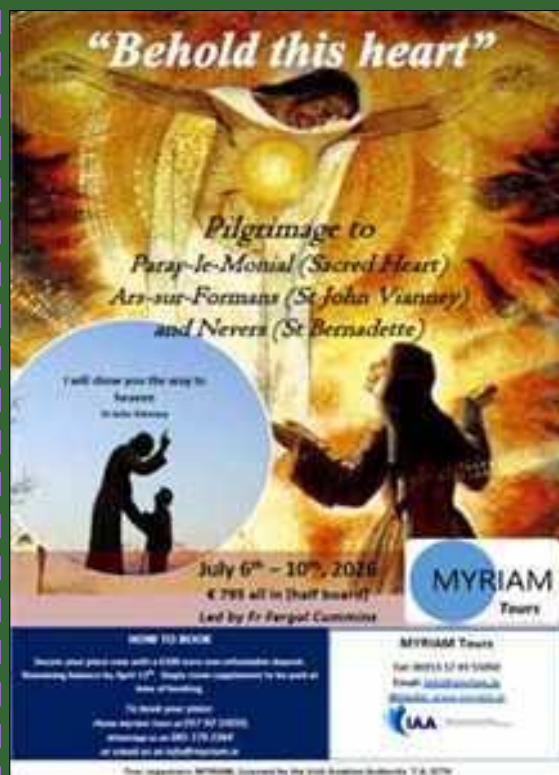


There will be a Fairtrade display stand at back of the church from Monday 9th –16th Feb

Drop by the stand and enter the draw for the Fairtrade Hamper.

## Youth Pilgrimage to Rome & Assisi

Youth (16 years +) Pilgrimage to Rome & Assisi, from October 24<sup>th</sup> to 29<sup>th</sup> 2026. This is a big Jubilee year in Assisi on account of the 800th anniversary of the death of Francis (October 1226). Please contact James Connery (Director of Youth and Lifelong Faith Development) Email. [James.connery@limerickdiocese.org](mailto:James.connery@limerickdiocese.org) or call - +353 61 350000 /+353 86 6071021



## Anam Cara Information Evening

Information Evening for bereaved parents-- regardless of the age of their child, circumstances of their death, or time since bereavement.

This event will take place online on Tuesday 17th February at 7pm  
This Bereavement Information Evening is a special collaboration with our colleagues in the bereavement space, featuring voices from A Little Lifetime, Féileacán, and HUGG. Our guest speaker for the evening will be Brid Carroll. Email for more information - [info@anamcara.ie](mailto:info@anamcara.ie) or call 085 288 8888.

## Lenten Desert Day

Saturday, February 21<sup>st</sup> 2026

10.30 a.m – 4.45 p.m

## 'Baptised and Sent'

Silent retreat with, Eucharist and Sacrament of Reconciliation

Facilitated by Phyllis Moynihan RSM & Bernadette Murphy

Please bring your own packed lunch  
Tea/Coffee/snacks provided  
Donation €20

Venue: Limerick Diocesan Centre,  
Corbally, Limerick V94 925C

Book your place by contacting Phyllis at 087-  
9636893 or email:  
[moynihanphyllis525@gmail.com](mailto:moynihanphyllis525@gmail.com)

## Marantha Retreat

Maranatha Healing  
Retreat this Sunday 8th  
February 2026  
at 2.30 pm at  
St Michael's Church,  
Denmark St. Limerick  
with Mass at 4.30 pm.  
All welcome.