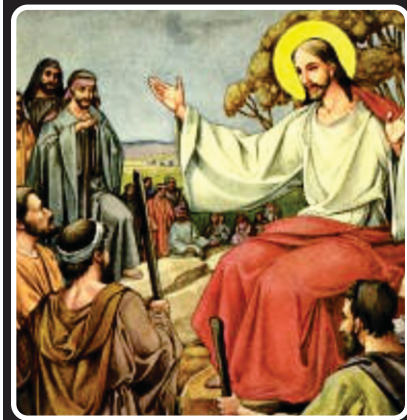


SUNDAY 1ST FEBRUARY, 2026



**FOURTH SUNDAY OF THE
YEAR (A)**

FIRST READING

**A reading from the Book of the
Prophet Zephaniah 2:3; 3:12-13**

*"I will leave in the midst of you a
people humble and lowly."*

Seek the LORD, all you humble of
the land, who do his commands;
seek righteousness, seek humility;
perhaps you may be hidden on the
day of the wrath of the LORD. "For I
will leave in the midst of you a people
humble and lowly. They shall seek
refuge in the name of the LORD,
those who are left in Israel; they shall
do no wrong and utter no lies, nor
shall there be found in their mouth a
deceitful tongue. For they shall
pasture and lie down, and none shall
make them afraid."

The word of the Lord.

**RESPONSORIAL PSALM Psalm
146:7.8-9a.9bc-10**

**R. Blessed are the poor in spirit,
for theirs is the kingdom of
heaven.**

Or: Alleluia.

1. It is the Lord who preserves
fidelity forever, who does justice
to those who are oppressed. It is
he who gives bread to the
hungry, the Lord who sets
prisoners free. **R.**
2. It is the Lord who opens the eyes
of the blind, the Lord who raises
up those who are bowed down. It
is the Lord who loves the just, the
Lord who protects the stranger.
R.
3. The Lord upholds the orphan and
the widow, but thwarts the path of
the wicked. The Lord will reign
forever, the God of Sion from age
to age. **R.**

SECOND READING

**A reading from the first Letter of
Saint Paul to the Corinthians 1:26-
31**

*"God chose what is weak in the
world."*

Consider your call, brethren; not
many of you were wise according to

the flesh, not many were powerful,
not many were of noble birth; but
God chose what is foolish in the
world to shame the wise, God chose
what is weak in the world to shame
the strong, God chose what is low
and despised in the world, even
things that are not, to bring to
nothing things that are, so that no
flesh might boast in the presence of
God. He is the source of your life in
Christ Jesus, whom God made our
wisdom, our righteousness and
sanctification and redemption;
therefore, as it is written, "Let him
who boasts, boast of the Lord."

The word of the Lord.

ALLELUIA Matthew 5:12a

V. Alleluia. R Alleluia.

**V. Rejoice and be glad, for your
reward is great in heaven.**

R. Alleluia.

GOSPEL

**A reading from the holy Gospel
according to Matthew 5:1-12a**

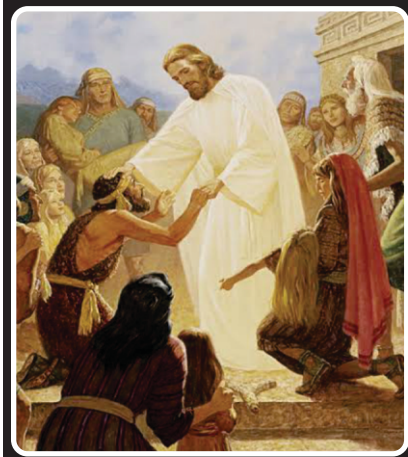
"Blessed are the poor in spirit."

At that time: Seeing the crowds,
Jesus went up on the mountain, and
when he sat down his disciples
came to him. And he opened his
mouth and taught them, saying:
"Blessed are the poor in spirit, for
theirs is the kingdom of heaven.

"Blessed are those who mourn, for
they shall be comforted." Blessed
are the meek, for they shall inherit
the earth. "Blessed are those who
hunger and thirst for righteousness,
for they shall be satisfied. "Blessed
are the merciful, for they shall obtain
mercy. "Blessed are the pure in
heart, for they shall see God.
"Blessed are the peacemakers, for
they shall be called sons of God." Blessed
are those who are
persecuted for righteousness' sake,
for theirs is the kingdom of heaven.
"Blessed are you when men revile
you and persecute you and utter all
kinds of evil against you falsely on
my account. Rejoice and be glad, for
your reward is great in heaven."

The Gospel of the Lord.

SUNDAY 8TH FEBRUARY, 2026



**FIFTH SUNDAY OF THE
YEAR (A)**

FIRST READING

**A reading from the Book of prophet
Isaiah 58:7-10**

*“Your light shall break forth like the
dawn.”*

Thus says the Lord: “Share your bread
with the hungry, and bring the
homeless poor into your house; when
you see the naked, cover him, and do
not hide yourself from your own flesh.
Then shall your light break forth like
the dawn, and your healing shall
spring up speedily; your
righteousness shall go before you, the
glory of the LORD shall be your rear
guard. Then you shall call, and the
LORD will answer; you shall cry, and
he will say, Here I am. “If you take
away from the midst of you the yoke,

the pointing of the finger, and speaking
wickedness, if you pour yourself out
for the hungry and satisfy the desire of
the afflicted, then shall your light rise in
the darkness and your gloom be as the
noonday.”

The Word of the Lord.

**RESPONSORIAL PSALM Psalm
112:4-5.6-7.8a and 9 (R. 4a)**

**R. A light rises in the darkness for
the upright.**

Or: Alleluia.

1. A light rises in the darkness for the
upright; he is generous, merciful
and just. It goes well for the man
who deals generously and lends,
who conducts his affairs with
justice. **R.**
2. He will never be moved; forever
shall the just be remembered. He
has no fear of evil news; with a firm
heart, he trusts in the Lord. **R.**
3. With a steadfast heart he will not
fear. Open-handed, he gives to
the poor; his justice stands firm
forever. His might shall be exalted
in glory. **R.**

SECOND READING

**A reading from the first letter of
Saint Paul to the Corinthians 2:1-5**

*“I have told you of the mystery of Christ
crucified.”*

When I came to you, brethren, I did not
come proclaiming to you the testimony

of God in lofty words or wisdom. For I
decided to know nothing among you
except Jesus Christ and him crucified.
And I was with you in weakness and in
much fear and trembling; and my
speech and my message were not in
plausible words of wisdom, but in
demonstration of the Spirit and power,
that your faith might not rest in the
wisdom of men but in the power of
God.

The Word of the Lord.

ALLELUIA John 8:12

V. Alleluia. R. Alleluia.

V. I am the light of the world, says the
Lord; he who follows me will have
the light of life.

R. Alleluia.

GOSPEL

**A reading from the holy Gospel
according to Matthew 5:13-16**

“You are the light of the world.”

At that time: Jesus said to his
disciples: “You are the salt of the earth,
but if salt has lost its taste, how shall its
saltiness be restored? It is no longer
good for anything except to be thrown
out and trodden under foot by men.
“You are the light of the world. A city set
on a hill cannot be hidden. Nor do men
light a lamp and put it under a bushel,
but on a stand, and it gives light to all in
the house. Let your light so shine
before men, that they may see your
good works and give glory to your
Father who is in heaven.”

The Gospel of the Lord.

SUNDAY 15TH FEBRUARY, 2026



**SIXTH SUNDAY OF
THE YEAR (A)**

FIRST READING

**A reading from the Book of Sirach
15:15-20**

“He has not commanded any one to be ungodly.”

If you will, you can keep the commandments, they will save you; if you trust in God, you too shall live. He has placed before you fire and water: stretch out your hand for whichever you wish. Before a man are life and death, good and evil, and whichever he chooses will be given to him. For great is the wisdom of the Lord; he is mighty in power and sees everything. The eyes of the Lord are on those who fear him, and he knows every deed of man. He has not commanded any one to be ungodly, and he has not given any one permission to sin.

The Word of the Lord.

**RESPONSORIAL PSALM Psalm
119:1-2.4-5.17-18.33-34 (R. 1b)**

R. Blessed are those who walk in the law of the Lord!

1. Blessed are those whose way is blameless, who walk in the law of the Lord! Blessed are those who keep his decrees! With all their hearts they seek him. **R.**
2. You have laid down your precepts to be carefully kept. May my ways be firm in keeping your statutes. **R.**
3. Deal bountifully with your servant, that I may live and keep your word. Open my eyes, that I may see the wonders of your law. **R.**
4. Lord, teach me the way of your statutes, and I will keep them to the end. Grant me insight that I may keep your law, and observe it wholeheartedly. **R.**

SECOND READING

A reading from the first letter of Saint Paul to the Corinthians 2:6-10

“The wisdom of God which he decreed before the ages for our glorification.”

Brethren: Among the mature we do not impart wisdom, although it is not a wisdom of this age or of the rulers of this age, who are doomed to pass away. But we impart a secret and hidden wisdom of God, which God decreed before the ages for our glorification. None of the

rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, “What no eye has seen, nor ear heard, nor the heart of man conceived, what God has prepared for those who love him,” God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God.

The Word of the Lord.

ALLELUIA Cf. Matthew 11:25

V. Alleluia. R. Alleluia.

V. Blessed are you, Father, Lord of heaven and earth, that you have revealed to little ones the mysteries of the kingdom.

R. Alleluia.

GOSPEL

A reading from the holy Gospel according to Matthew 5:17-37

“You have heard that it was said to the men of old; but I say to you.”

At that time: Jesus said to his disciples, “Do not think that I have come to abolish the law of the prophets; I have come not to abolish them but to fulfil them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven.” *For I tell you,

unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven. You have heard that it was said to the men of old, 'You shall not kill; and whoever kills shall be liable to judgement.' But I say to you that every one who is angry with his brother shall be liable to judgement; whoever insults his brother shall be liable to the council,* and whoever says, 'You fool!' shall be liable to the hell of fire. So if you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift. Make friends quickly with your accuser, while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison; truly, I say to you, you will never get out till you have paid the last penny. “You have heard that it was said, 'You shall not commit adultery.' But I say to you that every one who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, pluck it out and throw it away; it is better that you lose one of your members than that your whole body be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better that you lose one of your members than that your whole body go into hell. “It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' But I say to you that every one who divorces his wife, except on the ground of unchastity, makes her an adulteress; and

SUNDAY 22ND FEBRUARY, 2026



**FIRST SUNDAY OF LENT
YEAR (A)**

FIRST READING

**A reading from the Book of Genesis
2:7-9;3:1-7**

Creation of our first parents, and their sin.

The LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living soul. And the LORD God planted a garden in Eden, in the east; and there he put the man whom he had formed. And out of the ground the LORD God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil. Now the serpent was more subtle than any other wild creature that the LORD God had made. He said to the woman,

“Did God say, 'You shall not eat of any tree of the garden'?” And the woman said to the serpent, “We may eat of the fruit of the trees of the garden; but God said, “You shall not eat of the fruit of the tree which is in the midst of the garden, neither shall you touch it, lest you die.” But the serpent said to the woman, “You will not die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves aprons.

The Word of the Lord.

**RESPONSORIAL PSALM Psalm
51:3-4.5-6ab.12-13.14 and 17 (R. cf.
3a)**

R. Have mercy, O Lord, for we have sinned.

1. Have mercy on me, O God, according to your merciful love; according to your great compassion, blot out my transgressions. Wash me completely from my iniquity, and cleanse me from my sin. **R.**

2. My transgressions, truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. **R.**

3. Create a pure heart for me, O God; renew a steadfast spirit within me. Do not cast me away from your presence; take not your holy spirit from me. **R.**

4. Restore in me the joy of your salvation; sustain in me a willing spirit. O Lord, open my lips and my mouth shall proclaim your praise. **R.**

SECOND READING

A reading from the Letter of Saint Paul to the Romans 5:12-19

“Where sin has abounded, grace has abounded all the more.”

Brethren: As sin came into the world through one man and death through sin, and so death spread to all men because all men sinned – sin indeed was in the world before the law was given, but sin is not counted where there is no law. Yet death reigned from Adam to Moses, even over those whose sins were not like the transgression of Adam, who was a type of the one who was to come. But the free gift is not like the trespass. For if many died through one man's trespass, much more have the grace

of God and the free gift in the grace of that one man Jesus Christ abounded for many. And the free gift is not like the effect of that one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Then as one man's trespass led to condemnation for all men, so one man's act of righteousness leads to acquittal and life for all men. For as by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

The Word of the Lord.

Or shorter:

A reading from the Letter of Saint Paul to the Romans 5:12.17-19

Brethren: As sin came into the world through one man and death through sin, and so death spread to all men because all men sinned. If, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Then as one man's trespass led to condemnation

for all men, so one man's act of righteousness leads to acquittal and life for all men. For as by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

The Word of the Lord.

Gospel Acclamation Matthew 4:4b

V. Glory and praise to you, O Christ.

R. Glory and praise to you, O Christ.

V. Man shall not live by bread alone, but by every word that proceeds from the mouth of God.

R. Glory and praise to you, O Christ.

GOSPEL

A reading from the holy Gospel according to Matthew 4:1-11

Jesus fasted forty days and was tempted.

At that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterwards he was hungry. And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” But he answered, “It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'” Then the devil took him to the holy city, and set him on the

pinnacle of the temple, and said to him, “If you are the Son of God, throw yourself down; for it is written, 'He will give his angels charge of you,' and 'On their hands they will bear you up, lest you strike your foot against a stone.'” Jesus said to him, “Again it is written, 'You shall not tempt the Lord your God.'” Again, the devil took him to a very high mountain, and showed him all the kingdoms of the world and the glory of them; and he said to him, “All these I will give you, if you will fall down and worship me.” Then Jesus to him, “Begone, Satan! For it is written, 'You shall worship the Lord your God and him only shall you serve.'” Then the devil left him, and behold, angels came and ministered to him.

The Gospel of the Lord.