

Sunday Readings

8th February 2026

Collect

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

FIRST READING

A reading from the Prophet Isaiah

58:6-10

Thus says the Lord:

Is not this the fast that I choose:
to loose the bonds of wickedness,
to undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?

Is it not to share your bread with the hungry
and bring the homeless poor into your house;
when you see the naked, to cover him,
and not to 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 rearguard.

Then you shall call, and the LORD will answer;
you shall cry, and he will say, 'Here I am.'
If you take away the yoke from your midst,
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. *Thanks be to God.*

Responsorial Psalm

Psalm 111:4-9. R/. v4.

R/. The good man is a light in the darkness for the upright

He is a light in the darkness for the upright:
he is generous, merciful and just.
The good man takes pity and lends,
he conducts his affairs with honour. **R/.**
The just man will never waver:
he will be remembered for ever.
He has no fear of evil news;
with a firm heart he trusts in the Lord. **R/.**

With a steadfast heart he will not fear;
open-handed, he gives to the poor;
his justice stands firm for ever.
His head will be raised in glory. **R/.**

SECOND READING

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

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

The word of the Lord. *Thanks be to God.*

Gospel Acclamation

Jn8:12

Alleluia, alleluia!

I am the light of the world, says the Lord;
Whoever follows me will have the light of life.
Alleluia!

GOSPEL

Matthew 5:13-16

The Lord be with you. *And with your Spirit.*
A reading from the holy Gospel according to Matthew.
Glory to you, O Lord.

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 trampled under people's feet.

'You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.'

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Communion Antiphon

Cf. Ps 106: 8-9

Let them thank the Lord for his mercy,
his wonders for the children of men,
for he satisfies the thirsty soul,
and the hungry he fills with good things.

Prayer after Communion

O God, who have willed that we be partakers in the one Bread and the one Chalice, grant us, we pray, so to live that, made one in Christ, we may joyfully bear fruit for the salvation of the world. Through Christ our Lord.

The Fifth Sunday in Ordinary Time

Lectionary Year A

The Word of God

In the Gospel today we have two small parables or metaphors of Jesus, the second being “You are the light of the world”. And how are we to be lights to the world? – by doing good works, which Jesus defined last week in a Gospel which was not read because of the Feast of the Presentation, but which was Jesus and the Beatitudes, his base philosophy about helping and about justice. We don’t turn a light on and put it under a basket. That would be ridiculous. Similarly, although we don’t flaunt the good things we do – we know that from other teachings of Jesus – we do let ourselves become role models or lights for others in terms of how to act in justice.



There are two things that we can think about this week and incorporate into our daily lives. The first is that the Scriptures offer wonderful advice, God’s advice, on how to live our lives fruitfully and righteously. The Christian Testament was built on the foundation of the Hebrew Testament.

Secondly, we need to examine our obligation to be, as Jesus is, a light to the world. We should find ways to go out to others, to show the world our Christian values, to live them and bring others to them. Jesus tells us about one of the ways to do that this week. We need to do good works – works of justice. And we need to let people see these, not for our glorification – but because justice is what it means to be Christian. It is what Christians do. It is what we are about. It is the way we show love to each other.



Saint of the Week

Wednesday 11 February 2026

Our Lady of Lourdes

On December 8, 1854, Pope Pius IX proclaimed the dogma of the Immaculate Conception in the apostolic constitution *Ineffabilis Deus*. A little more than three years later, on February 11, 1858, a young lady appeared to Bernadette Soubirous. This began a series of visions. During the apparition on March 25, the lady identified herself with the words: “I am the Immaculate Conception.”

Bernadette was a sickly child of poor parents. Their practice of the Catholic faith was scarcely more than lukewarm. Bernadette could pray the Our Father, the Hail Mary and the Creed. During interrogations Bernadette gave an account of what she saw. It was “something white in the shape of a girl.” She used the word *aquero*, a dialect term meaning “this thing.” It was “a pretty young girl with a rosary over her arm.” Her white robe was encircled by a blue girdle. She wore a white veil. There was a yellow rose on each foot. A rosary was in her hand. Bernadette was also impressed by the fact that the lady did not use the informal form of address (*tu*), but the polite form (*vous*). The humble virgin appeared to a humble girl and treated her with dignity.

Through that humble girl, Mary revitalized and continues to revitalize the faith of millions of people. In 1862 Church authorities confirmed the authenticity of the apparitions and authorized the cult of Our Lady of Lourdes for the diocese. The Feast of Our Lady of Lourdes became worldwide in 1907.

Prayer of the Week

From Pope John Paul II's Prayer to Our Lady of Lourdes

Hail Mary, lowly handmaid of the Lord, Glorious Mother of Christ! Faithful Virgin, holy dwelling-place of the Word, Teach us to persevere in listening to the Word, and to be docile to the voice of the Spirit, attentive to his promptings in the depths of our conscience and to his manifestations in the events of history.

Holy Mary, Mother of believers, Our Lady of Lourdes, pray for us. Amen.