

# Sunday Readings

## 1st March 2026

### Collect

O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory. 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 book of Genesis 12:1-4

In those days: The LORD said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. I will bless those who bless you, and him who dishonours you I will curse, and in you all the families of the earth shall be blessed.'

So Abram went, as the LORD had told him.

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

### Responsorial Psalm

Psalm 32:4-5. 18-10. 22. R/. v.22

**R/. May your love be upon us, O Lord, as we place all our hope in you.**

For the word of the Lord is faithful and all his works to be trusted.

The Lord loves justice and right and fills the earth with his love. **R/.**

The Lord looks on those who revere him, on those who hope in his love, to rescue their souls from death, to keep them alive in famine. **R/.**

Our soul is waiting for the Lord.

The Lord is our help and our shield.

May your love be upon us, O Lord, as we place all our hope in you. **R/.**

### SECOND READING

A reading from the second letter of St Paul to Timothy 1:8-10

Beloved: We share in suffering for the gospel by the power of God, who saved us and called us to a holy calling not because of our works, but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began, and which now has been manifested through the appearing of our Saviour Christ Jesus, who abolished death and brought life and immortality to light through the gospel.

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

### Gospel Acclamation

Mt 17:5

Glory to you, O Christ, Wisdom of God the Father. From a bright cloud, the Father's voice was heard: 'This is my beloved Son, listen to him'. Glory to you, O Christ, Wisdom of God the Father.

### GOSPEL

Matthew 17:1-9

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 took with him Peter and James and John his brother, and led them up a high mountain by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became white as light. And behold, there appeared to them Moses and Elijah, talking with him. And Peter said to Jesus, 'Lord, it is good that we are here. If you wish, I will make three tents here, one for you and one for Moses and one for Elijah.' He was still speaking when, behold, a bright cloud overshadowed them, and a voice from the cloud said, 'This is my beloved Son, with whom I am well pleased; listen to him.' When the disciples heard this, they fell on their faces and were terrified. But Jesus came and touched them, saying, 'Rise, and have no fear.' And when they lifted up their eyes, they saw no one, but Jesus only. And as they were coming down the mountain, Jesus commanded them, 'Tell no one the vision, until the Son of Man is raised from the dead.'

The Gospel of the Lord.

*Praise to you, Lord Jesus Christ.*



### Prayer after Communion

As we receive these glorious mysteries, we make thanksgiving to you, O Lord, for allowing us while still on earth to be partakers even now of the things of heaven. Through Christ our Lord.

# Second Sunday of Lent

Lectionary Year A

The Word of God

Saint of the Week

The gospel today does not appear by happenstance, but was chosen by the Church for early Lent for a vitally important reason. The main message was spoken by God the Father and is intended to guide us on our forty-day journey through this holy season: "This is my chosen Son, listen to him" (Mt 17:5; Mk 9:7; Lk 9:35). If we wish to turn away from sin and be more firmly rooted in the gospel, the spiritual objective for Lent as given on Ash Wednesday (Mk 1:15), and if we wish to grow in holiness and be well-prepared to celebrate the Triduum, particularly Easter, the best way to do so is to spend Lent listening to Jesus.

To listen to Jesus is what God wants. God the Father rarely speaks in the gospels, only twice. Because his words are so few, and because they are so momentous, we should sit up and take notice. The Father's first statement at Jesus' baptism explains who Jesus is: "This is my beloved Son," and his second and final statement at the Transfiguration explains how the Father wants us to respond to his Son: "Listen to him."

The Transfiguration account confirms the teaching authority of Jesus. Jesus stood between Moses, the Word of the Law symbolized by the two tablets of the Ten Commandments, and Elijah, the Word of Prophecy symbolized by a scroll or a book. By standing with Jesus, Moses and Elijah endorsed his teaching mission and transferred their lead roles as law-giver and prophet to him. Jesus is *the* Word (Jn 1:1), and the proper response is to listen to him.

Elsewhere in the gospels, Jesus himself explained: "The words that I have spoken to you are spirit and life" (Jn 6:63), and Peter accurately replied, "Master, you have the words of everlasting life" (Jn 6:68). If we want to have a full and meaningful life on earth, and if we wish to enjoy everlasting life in heaven, then we must listen to him.

Please, listen to Jesus every day this Lent. It is easy to do. Open the Bible, read a gospel passage, and reflect on it. Go to Mass, pay careful attention to the readings, and listen to the homily. Set aside quiet time for prayer, and listen to Jesus speak to your heart. Do some spiritual reading and listen to Jesus speak through the author. Be kind to another and listen to Jesus speak through your neighbour. Please, listen to Jesus and have a good Lent.

**Sunday 1<sup>st</sup> March 2026**  
**St David (520 - 589)**



The earliest life of St David dates from five centuries after his death, probably in 589. He became eminent as abbot and bishop at the site now known as St David's, but formerly Mynyw, from which the present diocese of Menevia is named. He is credited with a monastic rule based on the example of the Eastern Fathers, and also with a Penitentiary. He was invited to preside at the synod of Llandewibrefi. Monks trained at his monastery evangelized South Wales and made foundations in Cornwall, Brittany and Ireland. St David is said to have sent a Mass rite to Ireland. At his death his contemporary St Kentigern, founder of St Asaph's in North Wales, witnessed in vision his joyful entrance into the joy of his Lord. His holy relics have been found hidden in the fabric of St David's Cathedral, where they are carefully preserved. He was canonized by Pope Callistus II in 1123.

## Prayer of the Week

### A Prayer for Lent

God, heavenly Father,  
look upon me and hear my prayer  
during this holy Season of Lent.  
By the good works You inspire,  
help me to be renewed in spirit.

Lord, during this Lenten Season,  
nourish me with Your Word of life  
and make me one  
with You in love and prayer.

Fill my heart with Your love  
and keep me faithful to the Gospel of  
Christ.  
Give me new life by Your Sacraments.

Father, our source of life,  
I reach out with joy to grasp Your hand;  
let me walk more readily in Your ways.  
Guide me in Your gentle mercy,  
for left to myself I cannot do Your Will.

I ask this through our Lord Jesus Christ,  
Your Son,  
Who lives and reigns with You  
and the Holy Spirit, one God, forever.  
Amen.

