

# FIFTH SUNDAY IN ORDINARY TIME

## STAND

**ENTRANCE ANTIPHON** Ps 94: 6-7

O come, let us worship God  
and bow low before the God who  
made us,  
for he is the Lord our God.

## ENTRANCE HYMN

1. Seek ye first the Kingdom of God,  
and his righteousness,  
and all these things shall be added  
unto you; allelu, alleluia.
- (R) *Alleluia, alleluia, alleluia, allelu,  
alleluia.*
2. Ask and it shall be given unto you,  
seek and ye shall find;  
knock and it shall be opened unto  
you; allelu, alleluia. (R)
3. We do not live by bread alone  
but by ev'ry word  
that comes forth from the mouth of  
God: allelu, alleluia. (R)
4. Where two or three are gathered in  
my name,  
there am I in your midst;  
and whatsoever you ask I will do:  
allelu, alleluia. (R)

**Priest:** In the name of the Father and  
of the Son, and of the Holy  
Spirit.

People: **Amen.**

Grace to you and peace from God our  
Father  
and the Lord Jesus Christ.

**And with your spirit.**

### PENITENTIAL ACT

Brethren (Brothers and sisters),  
let us acknowledge our sins,  
and so prepare ourselves to  
celebrate the sacred mysteries.

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I  
have failed to do,

*Striking your breast as you say:*

through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-  
Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.



8th February 2026

*The absolution by the priest follows:*

May almighty God have mercy on us,  
forgive us our sins,  
and bring us to everlasting life.  
**Amen.**

Lord have mercy. **Lord have mercy.**  
Christ have mercy. **Christ have mercy.**  
Lord have mercy. **Lord have mercy.**

### GLORIA

Glory to God in the highest,  
and on earth peace to people of  
good will.  
We praise you, we bless you,  
we adore you, we glorify you,  
we give you thanks for your great  
glory,  
Lord God, heavenly King,  
O God, almighty Father.  
Lord Jesus Christ, Only Begotten  
Son,  
Lord God, Lamb of God, Son of the  
Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of  
the Father,  
have mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
**Amen.**

### 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,  
God, for ever and ever. **Amen.**

## THE LITURGY OF THE WORD

### SIT

### FIRST READING

58:7-10

**A reading from the prophet Isaiah**

Thus says the Lord:

Share your bread with the hungry,  
and shelter the homeless poor,  
clothe the man you see to be naked  
and turn not from your own kin.  
Then will your light shine like the dawn  
and your wound be quickly healed  
over.

Your integrity will go before you  
and the glory of the Lord behind you.  
Cry, and the Lord will answer;  
call, and he will say, "I am here."  
If you do away with the yoke,  
the clenched fist, the wicked word,  
if you give your bread to the hungry,  
and relief to the oppressed,  
your light will rise in the darkness  
and your shadows become like noon.  
The word of the Lord.

**Thanks be to God.**





**RESPONSORIAL PSALM**

*Ps111:4-9.R.v.4*

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

or **Alleluia!**

1. 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.**
2. 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.**
3. 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**

*2:1-5*

**A reading from the first letter of St Paul to the Corinthians**

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.**

**STAND**

**ACCLAMATION**

*Jn 8:12*

**Alleluia, alleluia!**  
I am the light of the world,  
says the Lord, anyone who follows  
me will have the light of life.  
**Alleluia!**

**GOSPEL**

*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.**



Jesus said to his disciples: "You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

"You are the light of the world. A city built on a hilltop cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

**STAND**

**PROFESSION OF FAITH**

**I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,**



true God from true God,  
begotten, not made, consubstantial  
with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
*(All bow during the next three lines)*  
and by the Holy Spirit was  
incarnate of the Virgin Mary,  
and became man.

For our sake he was crucified  
under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of  
the Father.

He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit, the  
Lord, the giver of life,  
who proceeds from the Father and  
the Son,  
who with the Father and the Son is  
adored and glorified,  
who has spoken through the  
prophets.

I believe in one, holy, catholic and  
apostolic Church.  
I confess one Baptism for the  
forgiveness of sins  
and I look forward to the  
resurrection of the dead  
and the life of the world to come.  
**Amen.**

**PRAYER OF THE FAITHFUL**

**LITURGY OF THE EUCHARIST**

**SIT**

*Raising the host, the priest says:*  
Blessed are you, Lord, God of all  
creation,  
for through your goodness we have  
received the bread we offer you:  
fruit of the earth and work of human  
hands,  
it will become for us the bread of life.  
**Blessed be God for ever.**

*The priest pours wine and a little water  
into the chalice, saying quietly:*  
By the mystery of this water and wine  
may we come to share in the divinity  
of Christ,  
who humbled himself to share in our  
humanity.

*Raising the chalice, the priest says:*  
Blessed are you, Lord, God of all  
creation,

for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands,

it will become our spiritual drink.

**Blessed be God for ever.**

*Bowing the priest says quietly:*

With humble spirit and contrite heart may we be accepted by you, O Lord, and may our sacrifice in your sight this day be pleasing to you, O Lord.

*Then the priest washes his hands, saying quietly:*

Wash me, O Lord, from my iniquity; and cleanse me from my sin.

◀ **STAND** ▶

*Facing the people the priest says:*

Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

**May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good, and the good of all his holy Church.**

**PRAYER OVER THE OFFERINGS**

O Lord our God, who once established these created things to sustain us in our frailty, grant, we pray, that they may become for us now the Sacrament of eternal life. Through Christ our Lord.  
**Amen.**

**EUCHARISTIC PRAYER II**  
**PREFACE IV** *Sundays in Ordinary Time*

The Lord be with you.

**And with your Spirit.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is right and just**

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord. For by his birth he brought renewal to humanity's fallen state, and by his suffering, cancelled out our sins; by his rising from the dead he has opened the way to eternal life,

and by ascending to you, O Father, he has unlocked the gates of heaven. And so, with the company of Angels and Saints, we sing the hymn of your praise, as without end we acclaim:

**Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory.**

**Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

◀ **KNEEL** ▶

You are indeed Holy, O Lord, the fount of all holiness.

*The Priest joins his hands and, holding them extended over the offerings, says:*

Make holy, therefore, these gifts, we pray, by sending down your Spirit upon them like the dewfall, so that they may become for us the Body ✠ and Blood of our Lord, Jesus Christ.

At the time he was betrayed and entered willingly into his Passion, he took bread and, giving thanks, broke it, and gave it to his disciples, saying: TAKE THIS, ALL OF YOU, AND EAT OF IT, FOR THIS IS MY BODY, WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended, he took the chalice and, once more giving thanks, he gave it to his disciples, saying: TAKE THIS, ALL OF YOU, AND DRINK FROM IT, FOR THIS IS THE CHALICE OF MY BLOOD, THE BLOOD OF THE NEW AND ETERNAL COVENANT, WHICH WILL BE Poured OUT FOR YOU AND FOR MANY FOR THE FORGIVENESS OF SINS. DO THIS IN MEMORY OF ME.

**The mystery of faith:**  
**We proclaim your Death, O Lord, and profess your Resurrection until you come again.**

*Then the Priest, with hands extended, says:*

Therefore, as we celebrate the memorial of his Death and Resurrection, we offer you, Lord,

the Bread of life and the Chalice of salvation, giving thanks that you have held us worthy to be in your presence and minister to you.

Humbly we pray that, partaking of the Body and Blood of Christ, we may be gathered into one by the Holy Spirit. Remember, Lord, your Church, spread throughout the world, and bring her to the fullness of charity, together with Leo our Pope, our Bishop, his assistant Bishop(s), and all the clergy. Remember also our brothers and sisters who have fallen asleep in the hope of the resurrection, and all who have died in your mercy: welcome them into the light of your face. Have mercy on us all, we pray, that with the Blessed Virgin Mary, Mother of God, with Blessed Joseph her Spouse, with the blessed Apostles, and all the Saints who have pleased you throughout the ages, we may merit to be coheirs to eternal life, and may praise and glorify you through your Son, Jesus Christ.

*The Priest takes the chalice and the paten with the host and, elevating both, he says:*

Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honour is yours, for ever and ever.

**Amen.**

**COMMUNION RITE**

◀ **STAND** ▶

At the Saviour's command and formed by divine teaching, we dare to say: **Our Father, who art in heaven . . .** Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Saviour, Jesus Christ.

**For the kingdom, the power and the glory are yours, now and for ever.**

Lord Jesus Christ,  
who said to your Apostles:  
Peace I leave you, my peace I give you,  
look not on our sins,  
but on the faith of your Church,  
and graciously grant her peace and unity  
in accordance with your will.  
Who live and reign for ever and ever.  
**Amen.**

The peace of the Lord be with you  
always.

**And with your Spirit.**

*The priest may add these or similar words.*

Let us offer each other the sign of peace.

*The priest places a small piece of the host in  
the chalice saying quietly:*

May this mingling of the body and  
blood of our Lord Jesus Christ  
bring eternal life to us who receive it.

*Meanwhile the people sing or say:*

**Lamb of God, you take away the  
sins of the world:**

**have mercy on us.**

**Lamb of God, you take away the  
sins of the world**

**have mercy on us.**

**Lamb of God, you take away the  
sins of the world  
grant us peace.**

**◆ (KNEEL) ◆**

*The priest says quietly:*

May the receiving of your Body and  
Blood,

Lord Jesus Christ,  
not bring me to judgment and  
condemnation,

but through your loving mercy  
be for me protection in mind and body,  
and a healing remedy.

*Raising the host the priest says:*

Behold the Lamb of God,  
behold him who takes away the sins of  
the world.

Blessed are those called to the supper  
of the Lamb.

*And together with the people he says once:*

**Lord, I am not worthy  
that you should enter under my roof,  
but only say the word  
and my soul shall be healed.**

May the Body of Christ  
keep me safe for eternal life.

*The Priest reverently consumes the Body of  
Christ.*

*Then he takes the chalice and says quietly:*

May the Blood of Christ  
keep me safe for eternal life.

*The Priest raises a host slightly and shows it  
to each of the communicants, saying:*

The Body of Christ.  
**Amen.**

**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.**

### COMMUNION HYMN

**This is my body, broken for you,  
bringing you wholeness, making you  
free.**

**Take it and eat it, and when you do,  
do it in love for me.**

**This is my blood poured out for you,  
bringing forgiveness, making you free.**

**Take it and drink it, and when you do,  
do it in love for me.**

**Back to my Father, soon I shall go.  
Do not forget me; then you will see  
I am still with you, and you will know  
you're very close to me.**

**Filled with my Spirit, how you will grow!  
You are my branches; I am the tree.  
If you are faithful, others will know  
you are alive in me.**

**Love one another – I have loved you,  
and I have shown you how to be free;  
serve one another, and when you do,  
do it in love for me.**

### PRIVATE PRAYER AFTER COMMUNION

Lord Jesus, our crucified Saviour,  
you want us to be the salt of the earth  
and a light shining in the sight of all.  
Without you this would be impossible.

But with the nourishment of this  
Communion I will try to work hard,  
to be kind and thoughtful at home,  
friendly to all I meet.

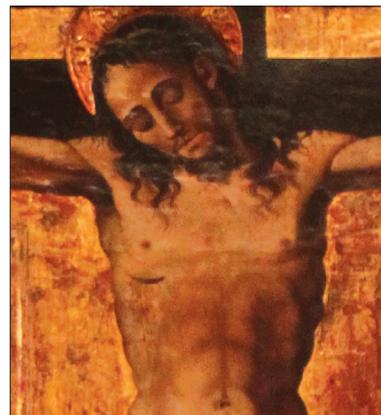
Sometimes I lose my temper and say  
hurtful things,  
even to those I love.

Make me gentle like yourself.

Sometimes I am moody and feel sorry  
for myself.

Give me a sense of humour.

Teach me to rely more on you and  
less on myself.



**◆ (STAND) ◆**

### 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.

**Amen.**

### CONCLUDING RITES

**◆ (STAND) ◆**

The Lord be with you.  
**And with your spirit.**

*Bow head for the blessing – short silence*

May almighty God bless you:

the Father, and the Son, ✠

and the Holy Spirit,

**Amen.**

Go and announce the Gospel of the  
Lord.

**Thanks be to God.**

### RECESSIONAL HYMN

**Praise my soul the King of heaven,  
To his feet your tribute bring.  
Ransomed, healed, restored, forgiven,  
Who am I his praise to sing?  
Praise him. Praise him. Praise him.  
Praise him. Praise the everlasting King.**

**Praise him for his grace and favour  
to our fathers in distress:  
Praise him still the same for ever,  
Slow to chide and swift to bless.  
Praise him. Praise him. Praise him.  
Praise him. Glorious in his faithfulness.**