

ENTRANCE ANTIPHON

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

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.

FIRST READING

Isaiah 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.

PSALM

Ps 111

Response:

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

1 Cor 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.

GOSPEL ACCLAMATION

Alleluia, Alleluia!

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

Alleluia!

GOSPEL

Mt 5:13-16

A reading from the holy Gospel according to
Matthew.

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 hill-top 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.

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 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.

COMMUNION ANTIPHON

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.
Amen.

Sunday Message

FIFTH SUNDAY IN ORDINARY TIME

THE WORD

Year A • 8 February 2026 • Colour: Green • Psalter Week 1

SALT AND LIGHT

MATTHEW 5:13-16



In this passage, Jesus tells His followers that they are the “salt of the earth” and the “light of the world.” Salt was valuable in Jesus’ time – not just for flavor, but for preserving food. When He calls us salt, He means we are meant to bring goodness, preserve what is right, and add something special to the world.

Then Jesus calls us light. Light drives away darkness and helps people see clearly. We are to shine God’s love and truth in the world through our words and actions.

But Jesus also warns that if salt loses its taste, or if a light is hidden, it’s no longer helpful. This reminds us to keep our faith alive and active – not hiding it or letting it grow dull.

Finally, Jesus encourages us to let our good deeds shine so others can see them and praise God. Our faith isn’t just for ourselves; it’s a gift meant to bless others and bring glory to God.

This passage invites us to ask: How am I being salt and light in my daily life? Am I sharing God’s love and truth with those around me? ■

DO

Today, look for one small way to brighten someone’s day – with a kind word, a smile, or a helpful action – and remember that even little acts of love can shine God’s light.



SAY

Lord Jesus,
You call us to be salt and light in the world.
Help us to bring your love and goodness to those around us.
Keep our faith strong and our hearts shining bright,
so others may see you through us.
Amen.

LEARN

We are called to be like salt and light – to bring goodness and hope into the world, not just for ourselves but to help others see God’s love.

REFLECT

Have you ever tasted food that’s completely bland? No salt, no flavor? Imagine if that’s how we showed up in the world – dull, unnoticed, and without impact. Jesus tells us we are *the salt of the earth* – not just to exist, but to bring life and flavor to everything we touch.

And what about light? When was the last time you used a flashlight to find your way in the dark? Light is not just helpful – it’s life-saving. Jesus says we are the light of the world, called to shine bright in places where people feel lost or afraid.

But here’s the challenge: salt that loses its saltiness and light hidden under a bowl do no good. Are we sometimes hiding our faith? Are we holding back the love and kindness God wants us to share?

Today, think about one way you can add a little “salt” or “light” to your world. Maybe it’s a kind word, a listening ear, or a simple act of generosity. Whatever it is, trust that even small things can make a big difference. ■