

ENTRANCE ANTIPHON

Did I not feel for those whose day was hard?
Was not my soul grieved for the poor?

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

Merciful God, origin and reward of all charity,
you called Saint Brigid to teach the new
commandment of love
through her life of hospitality and her care of
the needy;
give to your people, by her intercession,
a generous spirit, so that, with hearts made pure,
we may show your love to all.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in unity of the
Holy Spirit,
God, for ever and ever.
Amen.

FIRST READING Zephaniah 2:3, 3:12-13

A reading from the prophet Zephaniah
Seek the Lord all you, the humble of the earth,
who obey his commands. Seek integrity, seek
humility:
you may perhaps find shelter
on the day of the anger of the Lord.
In your midst I will leave
a humble and lowly people,
and those who are left in Israel will seek refuge
in the name of the Lord.
They will do no wrong, will tell no lies;
and the perjured tongue will no longer
be found in their mouths.
But they will be able to graze and rest
with no one to disturb them.
The word of the Lord.
Thanks be to God.

PSALM Ps 145:7-10

Response:
How happy are the poor in spirit; theirs is the kingdom of heaven.
Or: **Alleluia!**

1. It is the Lord who keeps faith for ever,
who is just 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 gives sight to the blind,
who raises up those who are bowed down,
the Lord, who protects the stranger
and upholds the widow and orphan. (R.)

3. It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age. (R.)

SECOND READING 1 Cor 1:26-31

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

Take yourselves, brothers, at the time when
you were called: how many of you were wise
in the ordinary sense of the word, how many
were influential people, or came from noble
families? No, it was to shame the wise that God
chose what is foolish by human reckoning, and
to shame what is strong that he chose what
is weak by human reckoning; those whom the
world thinks common and contemptible are
the ones that God has chosen – those who
are nothing at all to show up those who are
everything. The human race has nothing to
boast about to God, but you, God has made
members of Christ Jesus and by God's doing
he has become our wisdom, and our virtue, and
our holiness, and our freedom. As scripture
says: if anyone wants to boast, let him boast
about the Lord.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

**Alleluia, alleluia! Blessed are you, Father, Lord
of heaven and earth,
for revealing the mysteries of the kingdom to
mere children. Alleluia!**

GOSPEL Mt 5: 1-12

A reading from the holy Gospel according to
Matthew.

Seeing the crowds, Jesus went up the hill.
There he sat down and was joined by his
disciples. Then he began to speak. This is what
he taught them:

"How happy are the poor in spirit;
theirs is the kingdom of heaven.
Happy the gentle:
they shall have the earth for their heritage.
Happy those who mourn:
they shall be comforted.
Happy those who hunger and thirst for what is
right:
they shall be satisfied.
Happy the merciful:
they shall have mercy shown them.
Happy the pure in heart:
they shall see God.
Happy the peacemakers:
they shall be called sons of God.
Happy those who are persecuted in the cause
of right:
theirs is the kingdom of heaven.
"Happy are you when people abuse you and
persecute you and speak all kinds of calumny
against you on my account. Rejoice and be glad,
for your reward will be great 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

As we present these gifts, O Lord,
On the feast of Saint Brigid,
may we come to know you as the source of all
true love
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

**Come, you whom my Father has blessed, says
the Lord.
I was sick and you visited me.
In truth I tell you, In so far as you did this to
one of the least of these,
you did it to me.**

PRAYER AFTER COMMUNION

You give us food from heaven, Lord,
to strengthen us in love;
grant, we pray, through the intercession of
Saint Brigid,
that works of charity continue to flourish and
the light
of true faith not fail. Through Christ our Lord.
Amen.

SOLEMN BLESSING

May God, who in Saint Brigid has provided an
outstanding example of generosity:
make your ears be ever open to the cry of the
poor. **Amen.**

May you who greet Saint Brigid as Mary of the
Gael
receive from Jesus, Son of Mary, the reward
promised to the pure of heart. **Amen.**

May God fill you with his love, as you honour
Saint Brigid,
whose heart and mind became a throne of rest
for the Holy Spirit. **Amen.**

And may the blessing of almighty God, the
Father, and the Son, and the Holy Spirit,
Come down on you and remain with you for
ever. **Amen.**

Sunday Message

SAINT BRIGID, ABBESS,
SECONDARY PATRON OF IRELAND FEAST

THE WORD

Year A • 1 February 2026 • Colour: White • Psalter Week 4

THE BEATITUDES

MATTHEW 5:1-12



In this passage, Jesus goes up a mountain and begins to teach the crowds. What He says is surprising — even revolutionary. He doesn't praise the strong or the successful. Instead, He calls the poor in spirit, the gentle, the grieving, the merciful, the peacemakers, and even the persecuted "blessed."

The world often tells us that blessing means wealth, comfort, or popularity. But Jesus turns that upside down. He shows us that God's blessing is found in humility, compassion, and a heart open to others — even in suffering.

To be "poor in spirit" means knowing our need for God. To be "meek" is not weakness, but strength that is kind. Those who hunger and thirst for righteousness are people who long to see justice and goodness in the world.

Jesus isn't offering a list of rules — He's painting a picture of the kind of people who live close to God. And more than that, He is describing Himself. The Beatitudes show us the heart of Christ.

When we try to live them — even imperfectly — we reflect His light in the world. The road may be hard, but Jesus promises: *"Rejoice and be glad, for your reward will be great in heaven."* ■

REFLECT

FEAST OF ST. BRIGID

In today's Gospel, Jesus climbs the mountain and sits down to teach—a sign that something important is about to be revealed. What follows is the heart of Christian living: the Beatitudes. "Blessed are the poor in spirit... blessed are the peacemakers... blessed are the pure in heart." These aren't just ideals—they are a way of life, a pattern for holiness.

And how fitting that we celebrate these words on the feast of St. Brigid. Brigid lived these Beatitudes—not with grand gestures, but through quiet faithfulness. She gave food to the hungry, opened her home to the poor, and created spaces of peace and prayer in a land still being shaped by the Gospel. She was poor in spirit, because she trusted not in wealth but in God. She was merciful, because her heart was moved by the needs of others. She was a peacemaker, building unity in a divided world.

The Beatitudes are not just for saints of old. They are for us—today. We live them when we comfort the grieving, offer kindness instead of judgement, and seek justice with humility. Like Brigid, we may never be famous. But we can be faithful.

So today, let us ask St. Brigid to pray for us. That our lives, like hers, may reflect the blessing of Christ—not loud or proud—but rooted in love, simplicity, and peace.

St. Brigid of Kildare, pray for us. ■

LEARN

True blessing isn't about wealth or success — it's about having a heart like Christ: humble, merciful, peaceful, and open to God, even in difficulty.

DO

Choose one Beatitude to focus on today — for example, being merciful or making peace — and find one simple way to live it out in your words or actions.

SAY

Father God,
Thank You for the example of Jesus,
who blesses the poor in spirit and
the peacemakers.
Help me to open my heart to Your
grace,
to show mercy to others,
and to stand strong in faith even in
difficult times.
Amen.