

# Sunday 1 February 2026

## 4th Sunday in Ordinary Time

*Liturgical Colour: Green. Year: A(II).*

## Mass Today

### The Introductory Rites

#### Entrance Antiphon

Ps 105: 47

Save us, O Lord our God!  
And gather us from the nations,  
to give thanks to your holy name,  
and make it our glory to praise you.

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

Amen.

### The 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.**

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### Collect

Grant us, Lord our God,  
that we may honour you with all our mind,  
and love everyone in truth of heart.  
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.

### Penitential Act

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

*All recite together the formula of general confession:*

**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,**

*And, striking their breast, they 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.**

*The absolution by the Priest follows:*

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## The Liturgy of the Word

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*All sit.*

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### First reading

**Zephaniah 2:3,3:12-13**

**In your midst I will leave a humble and lowly people**

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.**

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### Responsorial Psalm

**Psalm 145(146):6-10**

*How happy are the poor in spirit: theirs is the kingdom of heaven.*

**or**

*Alleluia!*

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.

*How happy are the poor in spirit: theirs is the kingdom of heaven.*

**or**

*Alleluia!*

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.

*How happy are the poor in spirit: theirs is the kingdom of heaven.*

**or**

*Alleluia!*

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.

*How happy are the poor in spirit: theirs is the kingdom of heaven.*

**or**

*Alleluia!*

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### Second reading

**1 Corinthians 1:26-31 ·**

**God chose what is foolish by human reckoning, to shame the wise**

Take yourselves for instance, 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.**

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**Gospel Acclamation**

**Mt11:25**

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

Alleluia!

**Or:**

**Mt5:12a**

Alleluia, alleluia!  
Rejoice and be glad:  
your reward will be great in heaven.  
Alleluia!

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The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to N.

**Glory to you, O Lord.**

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**Gospel**

**Matthew 5:1-12a**

**How happy are the poor in spirit**

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.**

**The Homily**

*At the end of the Homily it is appropriate for there to be a brief silence for recollection.*

*The congregation then stands.*

**The Creed**

**The Nicene ("Niceno-Constantinopolitan") Creed**

**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,  
*At the words that follow, up to and including 'and became man',  
all bow.*  
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.

### The Apostles' Creed

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
*At the words that follow, up to and including 'the Virgin Mary',  
all bow.*

who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the  
Father almighty;  
from there he will come to judge the living  
and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.

### The Prayer of the Faithful (Bidding Prayers)

*The Priest concludes the Prayer of the Faithful with a collect.*

*When the Liturgy of the Word has been completed, the people  
sit.*

## The Liturgy of the Eucharist

### The Offertory

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.**

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.**

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.**

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*The Priest concludes the Preface with the people singing or  
saying aloud:*

**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.**

*After this the congregation kneels for the remainder of the  
Eucharistic Prayer.*

## **Eucharistic Prayer I**

*The Priest alone recites:*

[...]

TAKE THIS, ALL OF YOU, AND EAT OF IT,  
FOR THIS IS MY BODY,  
WHICH WILL BE GIVEN UP FOR YOU.

[...]

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.

*Either:*

**We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

*Or:*

**When we eat this Bread and drink this Cup,  
we proclaim your Death, O Lord,  
until you come again.**

*Or:*

**Save us, Saviour of the world,  
for by your Cross and Resurrection  
you have set us free.**

## **Prayer over the Offerings**

O Lord, we bring to your altar  
these offerings of our service:  
be pleased to receive them, we pray,  
and transform them  
into the Sacrament of our redemption.  
Through Christ our Lord.

## **THE EUCHARISTIC PRAYER**

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.**

## **Preface**

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.

[...]

[...]

*At the conclusion of the Eucharistic Prayer the Priest takes the chalice and the paten with the host and, raising both, he alone 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.**

## The Communion Rite

### The Lord's Prayer

At the Saviour's command  
and formed by divine teaching, we dare to say:

**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.**

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.**

Let us offer each other the sign of peace.

### Breaking of the Bread

**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.**

### Invitation to Communion

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.

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

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### Communion Antiphon

**Cf. Ps 30: 17-18**

Let your face shine on your servant.  
Save me in your merciful love.

O Lord, let me never be put to shame, for I call on you.

**Or:**

**Mt 5: 3-4**

Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.

Blessed are the meek, for they shall possess the land.

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The Body of Christ.

**Amen.**

The Blood of Christ.

**Amen.**

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### **Prayer after Communion**

Nourished by these redeeming gifts,  
we pray, O Lord,  
that through this help to eternal salvation  
true faith may ever increase.  
Through Christ our Lord.

### **The Concluding Rites**

#### **Blessing**

The Lord be with you.

**And with your spirit.**

May almighty God bless you,  
the Father, and the Son,  and the Holy Spirit.

**Amen.**

#### **Dismissal**

Go in peace.

**Thanks be to God.**

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