

LIVINGTHEWORD

- ❖ **A Humble People** — The prophecies of Zephaniah are thought to have been for a very short period of time, possibly only weeks or months. In the midst of the distinct possibility that Assyria were going to destroy Israel, Zephaniah quietly reminds us that people who are humble and seek justice will always find shelter and protection with God. Do you sometimes feel part of a very small remnant of people trying to be faithful to God? What encourages you to remain faithful? What is attractive to you about humble people and those who seek justice? How could you show these virtues in your weekly lifestyle?
- ❖ **Looking Down or Looking Up** — St Paul's letters to the people living in Corinth reveal that a number of arguments were occurring. One of the causes of division was Gnosticism. Some believers thought they had special spiritual wisdom and knowledge which others did not have. This made them superior to others; they knew more; had been taught better; had more spiritual wisdom and gifts. Paul writes it is inconceivable that a true Christian could look down on others. How do pride and boasting find their way into your life? How could you practise 'looking up' to God rather than 'looking down' on others?
- ❖ **Beatitudes: *Be-attitudes*** — In Matthew, Jesus goes up the Mountain and gives a new law. This is foreshadowed by Moses going up Mt Sinai and giving the Law of the Old Testament, contained in the Ten Commandments. Jesus is the New Moses. The Beatitudes are understood as a profound insight into the core teachings of Christianity and what it will mean to follow Jesus. Some people have called the Beatitudes the **Be**-attitudes. Jesus wants disciples to **be** like him.
- ❖ **Being a Disciple: 4 qualities and 3 practices** —
 - Blessed are the poor in spirit: be a person focussed on the poor (not status or riches).
 - Am I willing to be 'poorer' so that, through my giving, others may have enough of the basic necessities to live with dignity?
 - Blessed are those who mourn: be a person who grieves over the injustice in the world.
 - Am I aware and shocked at the injustices taking place in my community?
 - Blessed are the meek: be a person who gets angry but not aggressive.
 - Am I able to show self-restraint in moments of conflict and possible violence?
 - Blessed are those who hunger and thirst for righteousness: be a person who seeks justice (not vengeance).
 - Am I able to live as if doing the right thing was as important for me as having daily bread and water?
 - Blessed are the merciful.
 - Do I consciously practise and show the love and compassion found in Jesus in all my relationships?
 - Blessed are the clean of heart.
 - Do I practise integrity, pure-heartedness, wholeheartedness in doing the right thing?
 - Blessed are the peacemakers.
 - Do I practise making peace, saying sorry, healing conflict with my friends / family / in other relationships?

Pope Leo XIV's Apostolic Letter — *A Fidelity that Generates the Future*

5. Every vocation in the Church arises from a personal encounter with Christ, which "gives life a new horizon and a decisive direction." Before any commitment, personal aspiration or service, there is the voice of the Master calling: "Follow me" (Mk 1:17). The Lord of life knows us and enlightens our hearts with his loving gaze (Mk 10:21). This is not just an inner voice, but a spiritual impetus that often comes to us through the example of other disciples of the Lord, and takes shape in a courageous choice of life. Fidelity to our vocation, especially in times of trial and temptation, is strengthened when we do not forget that voice, when we passionately remember the sound of the voice of the Lord, who loves, chooses and calls us, and when we entrust ourselves to the indispensable accompaniment of those who are knowledgeable in the spiritual life. Throughout time, the echo of the Lord's Word is the principle of interior unity with Christ, which is fundamental and necessary in the apostolic life.
6. The call to ordained ministry is a free and gratuitous gift from God. Indeed, a vocation is not imposed by the Lord but is instead a loving proposal to follow a plan of salvation and freedom for our lives, which we receive when we accept, with God's grace, the Lord Jesus as the centre of our lives. Thus, the vocation to ordained ministry grows as a gift of oneself to God and, therefore, to his holy People. The whole Church prays and rejoices for this gift with a heart full of hope and gratitude. This was expressed by Pope Benedict XVI at the conclusion of the Year for Priests: "We wanted to reawaken our joy at how close God is to us, and our gratitude for the fact that he entrusts himself to our infirmities; that he guides and sustains us daily. In this way we also wanted to demonstrate once again to young people that this vocation, this fellowship of service for God and with God, does exist – and that God is indeed waiting for us to say 'yes'."
7. Every vocation is a gift from the Father, which needs to be faithfully preserved in a dynamic of ongoing conversion. Obedience to one's calling is cultivated each day through listening to the Word of God; celebrating the sacraments, especially the Eucharistic Sacrifice; evangelisation; closeness to the least among us; and priestly fraternity, all drawing on prayer as the preeminent place for encountering the Lord. It is as if the priest returns every day to the Sea of Galilee, where Jesus asked Peter, "Do you love me?" (Jn 21:15), in order to reaffirm his "yes." In this sense, we can understand the hope expressed in *Optatam Totius*, that priestly formation should not stop at the end of seminary, but instead open the way to continuous, permanent formation, which will create a dynamic of constant human, spiritual, intellectual and pastoral renewal.



MONDAY
February 2
*The Presentation
of the Lord*
Mal 3:1-4
Heb 2:14-18
Lk 2:22-40
or 2:22-32

TUESDAY
February 3
Weekday
2 Sm 18:9-10,
14b, 24-25a,
30-19:3
Mk 5:21-43

WEDNESDAY
February 4
Weekday
2 Sm 24:2, 9-17
Mk 6:1-6

THURSDAY
February 5
*St. Agatha, Virgin
and Martyr*
1 Kgs 2:1-4, 10-12
Mk 6:7-13

FRIDAY
February 6
*St. Paul Miki and
Companions, Martyrs*
Sir 47:2-11
Mk 6:14-29

SATURDAY
February 7
Weekday
1 Kgs 3:4-13
Mk 6:30-34

SUNDAY
February 8
*Fifth Sunday in
Ordinary Time*
Is 58:7-10, 1 Cor
2:1-5. Mt 5:13-16

COMMUNION

We are the Body of Christ. This is who we are as Church. It is our profound mystery that we take and eat, take and drink at Communion. In doing so, we give expression to our identity.

If we are not in communion with the Catholic Church, it makes no logical sense for those to receive because simply, it is not their identity.

If you are Buddhist, from another Christian tradition or just our welcome guest, please feel free to come forward, not to receive communion but to ask for a blessing.

The simple practice of asking for a blessing is through the bodily posture of bowing one’s head and crossing one’s arms across one’s chest when before the minister distributing communion.

If you are a parent with a child not receiving Communion, please take personal responsibility in asking the minister for a blessing for your child.

John P. Murray osa
Pastoral Leader, 10 am Mass Community

Our website:
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ASSUMPTION CATHEDRAL

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Rev. Ignatius Adisak Somsaengsuang

ASSISTANTS:
Rev. Peter Booncharat Suksawang
Rev. Francis Xavier Akranon Kitcharoen

MASS SCHEDULE:

Mon-Fri : Thai 06:00 hrs.
Sat : Thai 06:00; 17:00 novena followed by
mass
Sun : Thai 07:00; 08:30 and 17:00 hrs.
English 10:00 hrs.

BAPTISM:

Thai : First Sunday during 8:30 am mass.
English : Second Sunday during 10:00 am mass.

CONFESSION:

Sundays : Before all masses (Thai).
English before 10:00 am mass.

CATHOLIC CENTER:

For religious articles, please visit the center opposite
the entrance of the Cathedral.

Opening Hours:
Mon-Fri : 08:30 – 17:00 hrs.
Sat & Sun : 08:30 – noon
Public holidays : Closed

Good News!

February 1, 2026
Fourth Sunday in Ordinary Time (A)
Zephaniah 2:3; 3:12-13 / 1 Corinthians 1:26-31 /
Matthew 5:1-12a
MIGUEL DULICK

This season of the Church we call “Ordinary Time” is full of Jesus’ teaching about how to live our Christian lives. Today’s readings are especially rich. When Jesus takes his place as the New Moses to deliver his Sermon on the Mount, he begins, fittingly, with a new version of the commandments, but instead of “Thou shalt not,” they are blessings! And they are paradoxical; always a sign of the divine touch. The “poor in spirit” get the kingdom of heaven; mourners are blessed, for they shall be comforted.

Now, who is supposed to do the comforting? *We* are. If the beatitudes are new commandments, we disciples are to obey them, even rejoicing in the blessing of persecution. What kind of people sign up for this? Saint Paul describes to the Christians in Corinth what kind of people God chooses: the foolish, the weak, the lowly and despised, the nothings of this world, to shame and confuse those who seem to run things. The wisdom of God seems like nonsense in a world where power reigns supreme. That sweet soul Zephaniah, author of today’s first reading, saw the shift coming, from “don’ts” to “dos,” from bossy to beatitude: “Seek the Lord, all you humble of the land” (Zephaniah 2:3). You will be “a people humble and lowly” who will pasture your flocks (and do the work God intends you to do) with “none to disturb” you (Zephaniah 3:12, 13). Sign me up for that! ●

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THE EUCHARISTIC PRAYER

HOLY (No. 263) PLEASE KNEEL

MEMORIAL ACCLAMATION (No. 264)

DOXOLOGY PLEASE STAND

Priest: 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.

GREAT AMEN (No. 374)

COMMUNION RITE

THE LORD'S PRAYER (No. 387)

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.

Priest: 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.

All: For the kingdom, the power and the glory are yours, now and forever.

LAMB OF GOD (No. 391) PLEASE KNEEL

Priest: 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.

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

COMMUNION: DRAW NEAR (No. 391)

FINAL HYMN: LEAD ME, LORD PLEASE STAND

1. Blessed are the poor in spirit, longing for their Lord,
for God's coming kingdom shall be theirs.
Blessed are the sorrowing, for they shall be consoled,
and the meek shall come to rule the world.

Refrain: Lead me, Lord, lead me, Lord, by the light of truth to seek and to find the narrow way.
Be my way; be my truth; be my life, my Lord, and lead me, Lord, today.

2. Blessed are the merciful, for mercy shall be theirs,
and the pure in heart shall see their God.
Blest are they whose hunger only holiness can fill, for I say they shall be satisfied. (R)
3. Blest are they who through their lifetimes sow the seeds of peace;
all will call them children of the Lord.
Blest are you, though persecuted in your holy life,
for in heaven, great is your reward. (R)

4th SUNDAY IN ORDINARY TIME (Year A)

Sunday, 1 February 2026

ENTRANCE: HOLY GOD, WE PRAISE THY NAME (No. 615) PLEASE STAND

INTRODUCTORY RITE

Priest: I confess to almighty God,

All: 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.

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

All: Amen.

KYRIE / LORD HAVE MERCY

Kýrie, eléison. Kýrie, eléison. Christe, eléison. Christe, eléison.

Kýrie, eléison. Kýrie, eléison.

GLORY TO GOD

Refrain: Glory to God, Glory to God, Glory to God in the highest,
and on earth, peace on earth, peace to people of good will.

1. 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.
2. 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, the right hand of the Father, have mercy on us.
3. 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. (R)

FIRST READING: Zep 2:3; 3:12-13

A reading from the Book of the Prophet Zephaniah:

Seek the LORD, all you humble of the earth, who have observed his law; seek justice, seek humility; perhaps you may be sheltered on the day of the LORD's anger.

But I will leave as a remnant in your midst a people humble and lowly, who shall take refuge in the name of the LORD: the remnant of Israel. They shall do no wrong and speak no lies; nor shall there be found in their mouths a deceitful tongue; they shall pasture and couch their flocks with none to disturb them.

The word of the Lord.

All: Thanks be to God

RESPONSORIAL PSALM 146: BLESSED ARE THE POOR IN SPIRIT



1. The LORD keeps faith forever, secures justice for the oppressed, gives food to the hungry. The LORD sets captives free. (R)
2. The LORD gives sight to the blind; the LORD raises up those who were bowed down. The LORD loves the just; the LORD protects strangers. (R)
3. The fatherless and the widow the LORD sustains, but the way of the wicked he thwarts. The LORD shall reign forever; your God, O Zion, through all generations. Alleluia. (R)

SECOND READING: 1 Cor 1:26-31

A reading from the first Letter of Saint Paul to the Corinthians:

Consider your own calling, brothers and sisters. Not many of you were wise by human standards, not many were powerful, not many were of noble birth. Rather, God chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong, and God chose the lowly and despised of the world, those who count for nothing, to reduce to nothing those who are something, so that no human being might boast before God. It is due to him that you are in Christ Jesus, who became for us wisdom from God, as well as righteousness, sanctification, and redemption, so that, as it is written, "Whoever boasts, should boast in the Lord."

The word of the Lord.

All: Thanks be to God.

ALLELUIA: PLEASE STAND

Alleluia. Alleluia. Alleluia.

All: Rejoice and be glad; your reward will be great in heaven.

GOSPEL: Mt 5:1-12a

Priest: The Lord be with you.

All: And with your spirit.

Priest: A reading from the holy Gospel according to Matthew.

All: Glory to you, Lord.

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

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

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven."

Priest: The Gospel of the Lord.

All: Praise to you Lord Jesus Christ.

PLEASE BE SEATED

THE NICENE CREED PLEASE STAND

Priest: I believe in one God,

All: 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.

PRAYERS OF THE FAITHFUL

RESPONSE TO THE PRAYERS OF THE FAITHFUL:

"Lord, make us humble of heart."

PLEASE BE SEATED

LITURGY OF THE EUCHARIST

PROCESSION OF THE GIFTS

OFFERTORY: ONLY THIS I WANT (No. 782)

PREPARATION OF THE GIFTS PLEASE STAND

Priest: Pray, brethren, that my sacrifice and yours may be acceptable to God, the almighty Father.

All: 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.