

As is our tradition, the ashes, symbolising the start of Lent, will be distributed directly after the end of Mass, on this First Sunday of Lent. You are invited to come forward to one of the ministers distributing the ashes. The minister will apply the ashes to your forehead, while saying the words –
“Repent and believe in the Gospel.”

LIVINGTHEWORD

- ❖ **Lent Begins:** The journey of Lent began on Ash Wednesday. Have you recognised the significance of wearing a cross of ashes? Ashes symbolise a connection with the earth and being humble. The cross points to a life of sacrificial love, with wide open arms embracing the world. What does living humbly mean for you? Is your life lived closed up tight, or with arms wide open?
- ❖ **A Plan for Lent:** A goal without a plan is still a dream. Many people line up at the beginning of the Lent ‘race’ but do not make much progress off the start line. What is your plan for Lent? Will this lead you into a *deep transformation* or a mere *shallow show*?
- ❖ **The Story of Sin:** Have you ever noticed that the best the serpent can do is talk and try to make people doubt God? *“Did God really tell you...”* The serpent has no power other than suggestion. What voices, fears, and doubts do you need to turn off this Lent? How could you listen more to God over the next 40 days?
- ❖ **Two Directions:** For St Paul Life and Death represent two different directions. Toward God (righteousness) and away from God (sin). Jesus has destroyed death by becoming human and offering his life in forgiveness. There is no more distance. Jesus rising from the dead reveals death has no power at all. Lent is an opportunity for intensive spiritual living towards what is life-giving. What relationships in your life are not right? Pray to the Holy Spirit to help you know what to bring to the Sacrament of Reconciliation this Lent.
- ❖ **Testing in Lent:** In the original Greek, the word is ‘tested’ rather than ‘tempted’. A test or trial can reveal what decisions and choices are made. We become aware if we are ready for a challenge or responsibility to be given to us. Is *being led by the Spirit into the desert of your heart* positive or negative for you? Have you tried a daily practice of silence to listen to the voices of your heart?
- ❖ **Fasting:** *‘command these stones become loaves’*. Fasting is a remedy for being controlled by food and satisfying our body. Our bodies are good, but we are not to become slaves to every sensual pleasure. Rather than a focus on diet or weight loss, how could you *stop* some negative activities to *start* some more positive activities?
- ❖ **Taking Responsibility:** *‘throw yourself down’* is pretending that everything is okay and God will look after me no matter what I do. Am I responsible? You are where you are because you have chosen it. What do you need to take responsibility for this Lent?

Bishop Erik Varden on the First Sunday of Lent

Today, we contemplate Jesus in the wilderness, tempted by the devil. We may take all that with a pinch of salt. The devil seems to many a character from fiction. As for temptation, we think it old-fashioned, an expression of former times’ complex-ridden attitudes to desire, attitudes which we, a sophisticated lot, have cast off. Oh well, it is good, then, that we hear this story again at least once a year so that we can remind ourselves of what it’s about.

The devil is a very real presence in Scripture, known by its work – by its footprint, if you like. The word ‘devil’ is a contraction of the Greek *diabolos*. The diabolical is the opposite of the symbolic. We know what a symbol is. A symbol draws threads of meaning together into intelligible unity. There is no antonym in the form of ‘diabol’. Such a word couldn’t exist, for the diabolical is not a unified principle; it generates strife without intentional order. It is a purely destructive tendency pulling in different directions at once. When Jesus meets the possessed man in Gerasa and asks the demon for its name, it replies: *‘My name is Legion, for we are many.’* Evil has no personality; fragmented, it fragments, simply feeding on what is good.

In the wilderness, the devil would distract Jesus from his purpose. It would have him doubt the task entrusted to him. It fails. Thereby we confront an aspect of temptation that is noteworthy. In Biblical vocabulary, a ‘temptation’ isn’t just the well-known inner voice that bids us to have yet another sticky bun or a fourth glass of wine. A temptation is also a trial. And trials aren’t all bad. By being tried, we realise what we’re made of. A trial can strengthen our integrity by giving us a sharpened sense of what is right, what wrong. That is beneficial, even if a little costly.

When the Son of God conquered the reign of sin, *this* was the pattern he destroyed. We’re no longer bound by it. Christ offers us our freedom and our dignity back. He tells us: ‘Choose life! Put your foot on that serpent’s head!’ We may ask ourselves this Lent: Where am I prone to fall into temptation? Where am I unfree? Where do I especially need God’s saving power? For the sake of our salvation, he accomplishes his Paschal sacrifice to this day.

Bishop Varden of Trondheim, a Trappist, will be leading Pope Leo and the Roman Curia in their Spiritual Exercises this Lent.

** Pray, Reflect, Grow with the Sunday Readings at www.livingtheword.org.nz



CALENDAR

MONDAY

February 23
Lenten Weekday
Lv 19:1-2, 11-18
Mt 25:31-46

TUESDAY

February 24
Lenten Weekday
Is 55:10-11
Mt 6:7-15

WEDNESDAY

February 25
Lenten Weekday
Jon 3:1-10
Lk 11:29-32

THURSDAY

February 26
Lenten Weekday
Est C:12, 14-16,
23-25
Mt 7:7-12

FRIDAY

February 27
Lenten Weekday
Ez 18:21-28
Mt 5:20-26

SATURDAY

February 28
Lenten Weekday
Dt 26:16-19
Mt 5:43-48

SUNDAY

March 1
*Second Sunday
of Lent*
Gn 2:1-4a
2 Tm 1:8b-10
Mt 17:1-9

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:
www.assumptioncathedralbkk.org

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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 22, 2026

First Sunday of Lent (A)

Genesis 2:7-9; 3:1-7 /

Romans 5:12-19 or 5:12, 17-19 / Matthew 4:1-11

MIGUEL DULICK

The account of the temptations could be presented as a comical play. Pope Francis insisted, “Don’t talk to the devil!” Indeed, Jesus does not engage in dialogue with Satan, much less any negotiation or any business. Stones become bread? Jesus may have fasted for forty days, but he’s had plenty to eat—“every word that comes forth from the mouth of God” (Matthew 4:4). Nor will Jesus “test” his Father by jumping off the “parapet of the temple” (like the bell tower of a gothic church). (See Matthew 5-7.) You don’t play God, and you don’t play with God. Satan really beclowns himself with the last temptation—promising the whole world if Jesus would just take a knee? No one would fall for that, would they?

Except—most of us. We’d do the bread; we’d do the jump; we’d definitely do the world! Look at the first reading, from Genesis. Adam and Eve give up paradise for a piece of fruit! It’s a sad story because Eve does chat with the serpent, answering questions, allowing for a different point of view. But, as they say on Facebook, Satan “destroys” her! And Adam, too. If they didn’t sew fig leaves for each other, the whole story would be unbearable. Even as they realize their sin, there is a little tenderness.

Saint Paul explains it clearly. Sin entered the world, but with Jesus Christ, there is an “overflow” of grace for the many. (See Romans 5:15.) And that’s what Lent is about—a flood of grace. ●

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THE EUCHARISTIC PRAYER

HOLY – Belmont Mass

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, hosanna in the highest.

PLEASE KNEEL

MEMORIAL ACCLAMATION – Belmont Mass

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

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 – Belmont Mass

Amen, amen.

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 – Belmont Mass

Lamb of God, you take away the sins of the world, have mercy on us. (Repeat)
Lamb of God, you take away the sins of the world, grant us peace, grant us peace.

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: MERCIFUL GOD (No. 489, Lent Communion Refrain)

FINAL: MERCIFUL GOD (No. 489, Ash Wednesday Refrain) PLEASE STAND
HOSEA (No. 484)

1st SUNDAY OF LENT (Year A)

Sunday, 22 February 2026

ENTRANCE: THE GLORY OF THESE FORTY DAYS (No. 481) 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 – Belmont Mass

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

Kýrie, eléison. Kýrie, eléison.

FIRST READING: Gn 2:7-9; 3:1-7

A reading from the Book of Genesis:

The LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being.

Then the LORD God planted a garden in Eden, in the east, and placed there the man whom he had formed. Out of the ground the LORD God made various trees grow that were delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and evil.

Now the serpent was the most cunning of all the animals that the LORD God had made. The serpent asked the woman, "Did God really tell you not to eat from any of the trees in the garden?" The woman answered the serpent: "We may eat of the fruit of the trees in the garden; it is only about the fruit of the tree in the middle of the garden that God said, 'You shall not eat it or even touch it, lest you die.'" But the serpent said to the woman: "You certainly will not die! No, God knows well that the moment you eat of it your eyes will be opened and you will be like gods who know what is good and what is evil." The woman saw that the tree was good for food, pleasing to the eyes, and desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized that they were naked; so they sewed fig leaves together and made loincloths for themselves.

The word of the Lord.

All: Thanks be to God

RESPONSORIAL PSALM 51: BE MERCIFUL, O LORD

1. Have mercy on me, O God, in your goodness; in the greatness of your compassion wipe out my offense. Thoroughly wash me from my guilt and of my sin cleanse me. (R)
2. For I acknowledge my offense, and my sin is before me always: "Against you only have I sinned, and done what is evil in your sight." (R)
3. A clean heart create for me, O God, and a steadfast spirit renew within me. Cast me not out from your presence, and your Holy Spirit take not from me. (R)
4. Give me back the joy of your salvation, and a willing spirit sustain in me. O Lord, open my lips, and my mouth shall proclaim your praise. (R)

SECOND READING: Rom 5:12-19**A reading from the Letter of Saint Paul to the Romans:**

Brothers and sisters: Through one man sin entered the world, and through sin, death, and thus death came to all men, inasmuch as all sinned—for up to the time of the law, sin was in the world, though sin is not accounted when there is no law. But death reigned from Adam to Moses, even over those who did not sin after the pattern of the trespass of Adam, who is the type of the one who was to come.

But the gift is not like the transgression. For if by the transgression of the one, the many died, how much more did the grace of God and the gracious gift of the one man Jesus Christ overflow for the many. And the gift is not like the result of the one who sinned. For after one sin there was the judgment that brought condemnation; but the gift, after many transgressions, brought acquittal.

For if, by the transgression of the one, death came to reign through that one, how much more will those who receive the abundance of grace and of the gift of justification come to reign in life through the one Jesus Christ. In conclusion, just as through one transgression condemnation came upon all, so, through one righteous act, acquittal and life came to all. For just as through the disobedience of the one man the many were made sinners, so, through the obedience of the one, the many will be made righteous.

The word of the Lord.

All: Thanks be to God.

ALLELUIA: PLEASE STAND

Praise and honour to you, Lord Jesus Christ

**All: One does not live on bread alone,
but on every word that comes forth from the mouth of God.**

GOSPEL: Mt 4:1-11

Priest: The Lord be with you.

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

All: And with your spirit.

All: Glory to you, Lord.

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written:

One does not live on bread alone, but on every word that comes forth from the mouth of God."

Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written:

He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone."

Jesus answered him, "Again it is written,

You shall not put the Lord, your God, to the test."

Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written:

The Lord, your God, shall you worship and him alone shall you serve."

Then the devil left him and, behold, angels came and ministered to him.

Priest: The Gospel of the Lord.

All: Praise to you Lord Jesus Christ.

PLEASE BE SEATED**THE APOSTLES' CREED PLEASE STAND**

Priest: I believe in God,

All: the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, 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.

PRAYERS OF THE FAITHFUL

**RESPONSE TO THE PRAYERS OF THE FAITHFUL:
"God, in your mercy, hear our prayer."**

PLEASE BE SEATED**LITURGY OF THE EUCHARIST****PROCESSION OF THE GIFTS**

OFFERTORY: FORTY DAYS AND FORTY NIGHTS (No. 483)

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.