

LIVINGTHEWORD

- ❖ **Share, Shelter, Give** — Isaiah chapter 58 is a very significant chapter for the church community. Isaiah is writing to the Jewish community that has returned to Jerusalem after exile, built the new temple, but forgotten what real worship and honouring God involve. It took a while to finish building the temple – *church* – building, but Isaiah reminds us that God wants to also build our hearts and turn us toward justice. In the next verse Isaiah gives an inspiring challenge: have the reputation of being called “restorer of streets to be lived in” (v12). Have you seen or do you know someone in real need? Is there a member of your family, close friend whom you are ‘turning your back on’? How could you make your street – *community* – safe to live in?
- ❖ **Christ Crucified** — In the time of St Paul, great travelling preachers and philosophers would delight the crowd with grand speeches and words of wisdom. Paul tried only to speak of Jesus and Jesus crucified. Philosophy does not save us, Jesus on the Cross saves us. Can you say you have discovered the person and wisdom of Jesus and the forgiving, saving love of the Cross? What happened? Who (could) help(ed) you?
- ❖ **Don't Lose Your Saltiness** — Salt had a very different meaning in the time of Jesus than it does today. Salt was so valuable in Roman times it was used to purchase goods, instead of money. Before we had fridges, salt acted as a preservative stopping food turning rotten. Jesus is essentially teaching his disciples: your job description is to follow my ‘*be-attitudes*’ (5:1-12) and to stop the world turning rotten! Beware of being mixed with too many other elements as salt can lose its flavour and then be good for nothing. How ‘salty’ are you? Can people see good works alive in you?
- ❖ **Give Light to All in the House** — Jerusalem, the special city on the hill-top, the place of the Temple and dwelling place of God, is often pictured as a light for the world in the Old Testament. It is ridiculous to light a lamp and then hide it under your bed. A light guides ... welcomes ... protects ... shows a pathway ... stops us knocking into sharp objects in the dark! Jerusalem is the Church, but also the individual Christian disciple. How can your light be uncovered? Shared at home? What good deeds have you always wanted to do? What would you like to do so that others may give praise and thanks to God for your life?

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



The Pain of ‘Why?’ — Bishop Erik Varden (26-01-26)

Contemplating the wounds of Christ helps us find comfort and healing in the midst of suffering

To contemplate Christ’s wounds in the midst of our own pain does not necessarily bring instantaneous comfort or healing. Time may be required for these to happen. Time and patience. Let’s never forget that at the heart of the noun ‘patience’ is the Latin root *pateor*, meaning ‘I suffer’. What contemplation of the sacred wounds can do at once, exercised in faith, is to let me find *meaning* in suffering. The most terrible part of pain can be the overhanging question ‘**Why?**’

A secular logic tells us that we ought not to suffer; and that if we do it is unfair. This can make us angry and bitter. We think things ought to be okay. When they’re not, we feel we’ve been cheated. The Christian narrative is different. It sets out from the conviction that things in this world are *not* okay. God became man to heal our nature from within. The New Testament tells us that Christ healed the world, not by some wonder-remedy, but by suffering through our wounds, investing them with his grace in love, making them glorious. Even death is relieved of its terror. Experiences that seem to us, humanly speaking, as dead ends reveal themselves to be passages, open doors, ways forward.

When we contemplate Christ’s wounds, we remind ourselves that suffering is not futile. It can be deeply purposeful. By owning my own suffering consciously, as a member of the Church, I can let my weakness be touched by Christ’s power. My pain can be oriented towards participation in his redemptive work, which continues till the end of time. This opens a vast perspective of grace and hope. To glimpse that perspective may already be a comfort, a beginning of healing.

Vulnerability can be a gateway to grace

We need to stop nurturing the illusion that we are *invulnerable*. Christianity offers a worldview and a self-understanding that let me accept my wounds with realistic hope — admitting them as they are. That is a great help in a cultural context in which we like to project constant strength, success, and health at every level, so that experiences of adversity risk knocking us out physically or psychologically. It also helps us negotiate the flipside of that same cultural context, which invites us to wallow in our own pain and to cultivate a strong sense of victimhood.

Role played by faith in overcoming pain and suffering

Faith plays an essential role, because the person of faith is relieved of thinking that their life is an isolated existence. Life in Christ, mediated through the Church, draws us into a great communion where, when my strength is limited, I can be carried by the strength of others; where, when my prayer is weak, I can be carried by the prayer of the Church. Such experience transforms life.

CALENDAR

MONDAY

February 9

Weekday

1 Kgs 8:1-7, 9-13

Mk 6:53-56

TUESDAY

February 10

*St. Scholastica,
Virgin*

1 Kgs 8:22-23,

27-30, Mk 7:1-13

WEDNESDAY

February 11

Weekday

1 Kgs 10:1-10

Mk 7:14-23

THURSDAY

February 12

Weekday

1 Kgs 11:4-13

Mk 7:24-30

FRIDAY

February 13

Weekday

1 Kgs 11:29-32;

12:19. Mk 7:31-37

SATURDAY

February 14

*Sts. Cyril, Monk,
and Methodius,
Bishop*

1 Kgs 12:26-32;

13:33-34

Mk 8:1-10

SUNDAY

February 15

*Sixth Sunday in
Ordinary Time*

Sir 15:15-20

1 Cor 2:6-10

Mt 5:17-37 or

5:20-22a, 27-28,

33-34a, 37

PRAYER SEEKING THE INTERCESSION OF THE EIGHT BLESSED MARTYRS OF THAILAND AND THEIR CANONISATION

Almighty God, You called the eight Blessed Martyrs of Thailand to serve our Lord Jesus Christ, as priest, religious and lay people, laity leading as young disciples, and as a catechist. These eight Blessed Martyrs responded faithfully to Your call, dedicating themselves to Your redemptive mission for all. For the sake of this mission and their faith in You, they followed Your Son, Jesus Christ, in sacrificing their lives.

May the example of these eight Blessed Martyrs of Thailand inspire us to live our Christian faith today in the Catholic Church, ever giving witness to that faith in our daily life.

According to Your will, we pray that Your servants, the eight Blessed Martyrs of Thailand, may be canonised. We ask this as we seek to strengthen our own faith. So, if it is Your will, bless us with their canonisation, thus giving glory to Your Name.

Through the intercession of the eight Blessed Martyrs of Thailand, grant what we now humbly request in prayer (*take a silent moment*). **Amen.**

Leader: The eight Blessed Martyrs of Thailand

Response: Pray for us

Our website:

www.assumptioncathedralbkk.org

ASSUMPTION CATHEDRAL

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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 8, 2026

Fifth Sunday in Ordinary Time (A)

Isaiah 58:7-10 / 1 Corinthians 2:1-5 / Matthew

5:13-16

ANN M. GARRIDO

Some years ago, I took a crash course in chaplaincy. Chaplains are often called on to accompany people through life's gloomier seasons—be it in a hospital, in a nursing home, in prison, or following a disaster. As you might imagine, our training involved sessions on how to best alleviate the isolation and despair many people experience in these places and situations. Pray with people? Invite them outside into nature? Make sure physical discomfort is mitigated? All of these are good practices, my chaplain supervisor emphasized, but research indicates that the quickest way to lift the heaviness many feel is to get them involved in alleviating the suffering of others.

I suspect neither Isaiah nor Jesus would have been surprised by this research. In today's first reading, Isaiah says that if we feed the hungry and give shelter to the homeless, if we clothe the naked and care for our family members in need, we will know what it means to have light in the midst of darkness, and our gloom will melt away as if under the noonday sun. Similarly, Jesus describes our good deeds as being like light, meant to be shared generously with others.

In recent years, we have seen an uptick in depression and anxiety, even among the young. We can be tempted to focus more inwardly on our own lives, our own griefs and shortcomings. Self-awareness is certainly a good trait to have! But, perhaps counterintuitively, today's readings remind us that our "wounds shall quickly be healed" more readily when we focus on the needs of others. ●

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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.**

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: I RECEIVE THE LIVING GOD (No. 916)

FINAL: CHRIST, BE OUR LIGHT (No. 590) PLEASE STAND

5th SUNDAY IN ORDINARY TIME (Year A)

Sunday, 8 February 2026

ENTRANCE: GATHER US IN (No. 848, verses 1 & 3) 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: Is 58:7-10

A reading from the Book of the Prophet Isaiah:

Thus says the LORD: Share your bread with the hungry, shelter the oppressed and the homeless; clothe the naked when you see them, and do not turn your back on your own. Then your light shall break forth like the dawn, and your wound shall quickly be healed; your vindication shall go before you, and the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer, you shall cry for help, and he will say: Here I am!

If you remove from your midst oppression, false accusation and malicious speech; if you bestow your bread on the hungry and satisfy the afflicted; then light shall rise for you in the darkness, and the gloom shall become for you like midday.

The word of the Lord.

All: Thanks be to God

RESPONSORIAL PSALM 112: THE JUST MAN IS A LIGHT IN DARKNESS



The just man is a light in dark-ness to the up-right.

1. Light shines through the darkness for the upright; he is gracious and merciful and just. Well for the man who is gracious and lends, who conducts his affairs with justice. (R)
2. He shall never be moved; the just one shall be in everlasting remembrance. An evil report he shall not fear; his heart is firm, trusting in the LORD. (R)
3. His heart is steadfast; he shall not fear. Lavishly he gives to the poor; His justice shall endure forever; his horn shall be exalted in glory. (R)

SECOND READING: 1 Cor 2:1-5

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

When I came to you, brothers and sisters, proclaiming the mystery of God, I did not come with sublimity of words or of wisdom. For I resolved to know nothing while I was with you except Jesus Christ, and him crucified. I came to you in weakness and fear and much trembling, and my message and my proclamation were not with persuasive words of wisdom, but with a demonstration of Spirit and power, so that your faith might rest not on human wisdom but on the power of God.

The word of the Lord.

All: Thanks be to God.

ALLELUIA: PLEASE STAND

Alleluia. Alleluia. Alleluia.

**All: I am the light of the world, says the Lord;
whoever follows me will have the light of life.**

GOSPEL: Mt 5:13-16

Priest: The Lord be with you.

All: And with your spirit.

Priest: A reading from the Good News according to Matthew.

All: Glory to you, Lord.

Jesus said to his disciples: "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be

hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father."

Priest: The Good News 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, let your light shine through us."**

PLEASE BE SEATED

LITURGY OF THE EUCHARIST

PROCESSION OF THE GIFTS

OFFERTORY: I WANT TO WALK AS A CHILD OF THE LIGHT (No. 593)

PREPARATION OF THE GIFTS PLEASE STAND