

**Sunday, February 8, 2026**  
**Fifth Sunday in Ordinary Time**

**Prayer for the Morning**

*In Christ is the source of life; in his light, we see light: come, let us adore! (cf. Ps 36:10)*

**Glory to the Father,...Amen. Alleluia!**

**Hymn**

**Meter: LM**

Eternal Glory of the sky,  
Blest hope of frail humanity,  
The Father's sole begotten One,  
Yet born a spotless virgin's Son!  
Uplift us with your arm of might,  
And let our hearts rise pure and bright,  
And, ardent in God's praises, pay  
The thanks we owe him every day.  
The faith that first must be possessed,  
Root deep within our inmost breast;  
And joyous hope in second place,  
Then charity, your greatest grace.

**Psalm**

**118:1, 10-21**

*I will make you a light to the nations,/ that my salvation may reach to the ends of the earth. (Is 49:6)*

*As Christians, we are to bear the light of Christ to the whole world in our every action. Even when he seems far from us, when we feel most alone, his Spirit is nearby to support and strengthen us in this task.*

*Give thanks to the Lord for he is good, for his love endures for ever.*

*The nations all encompassed me; in the Lord's name I crushed them.*

*They compassed me, compassed me about; in the Lord's name I crushed them.*

*They compassed me about like bees; they blazed like a fire among thorns.*

*In the Lord's name I crushed them.*

*I was hard-pressed and was falling but the Lord came to help me.*

*The Lord is my strength and my song; he was my savior.*

*There are shouts of joy and victory in the tents of the just.*

*The Lord's right hand has triumphed; his right hand raised me.*

*The Lord's right hand has triumphed; I shall not die, I shall live and recount his deeds.*

*I was punished, I was punished by the Lord, but not doomed to die.*

*Open to me the gates of holiness: I will enter and give thanks.*

This is the Lord's own gate where the just may enter.  
I will thank you for you have answered and you are my savior.

**Glory to the Father.**

**Word of God**

**Ephesians 5:8-10**

You were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness and truth. Try to learn what is pleasing to the Lord.

All of you are children of the light and children of the day. **(1 Thes 5:5)**

**Canticle of Zechariah**

*You are the light of the world. (Mt 5:14)*

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

**Glory to the Father...**

**Intercessions**

You have made us in your own image, to bear your light to those around us. With knowledge of our own responsibility, we pray:

**R/**May the light of Christ shine through us!

For children and all who look up to us, – that we might model for them authentic Christian virtue:

**R/**

For those whose faith has been damaged by the sins of Christians, – that we might serve as a living example of his faithful love in our fallen world: **R/**

For all who do not know Christ, – that our words and actions may help to open their eyes to his presence: R/

**Personal intentions**

**Our Father....**

*Lord our God, you are loving and merciful to all who turn to you in humility. Draw us ever deeper in your embrace as we seek to please you through holy lives. Through Christ our Lord. Amen.*

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**Reading 1**

**Isaiah 58:7-10**

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.

**Reading 2**

**1Corinthians 2:1-5**

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.

**Gospel**

**Matthew 5:13-16**

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."

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**Men of St. Joseph Prayer**

St. Joseph, help me to be like you. Help me to be obedient to the teachings of the Church and faithful to God's commands. Help me to patiently endure my cross each day. Let me be a model of holiness and a pillar of virtue. I solemnly promise to embrace God's will and I accept the challenge to work tirelessly for my family's salvation. Be my guide and companion on this journey. St. Joseph, terror of demons, pray for us!

*Prayer for the Morning text used with permission of Magnificat.*