

## Readings for the week of February 1, 2026

### Sunday:

Zep 2:3; 3:12-13/Ps 146:6c-7, 8-9a, 9b-10/1 Cor 1:26-31/Mt 5:1-12a

### Monday:

Mal 3:1-4/Ps 24:7, 8, 9, 10/Heb 2:14-18/Lk 2:22-40 or 2:22-32

### Tuesday:

2 Sm 18:9-10, 14b, 24-25a, 30-19:3/Ps 86:1-2, 3-4, 5-6/Mk 5:21-43

### Wednesday:

2 Sm 24:2, 9-17/Ps 32:1-2, 5, 6, 7/Mk 6:1-6

### Thursday:

1 Kgs 2:1-4, 10-12/1 Chr 29:10, 11ab, 11d-12a, 12bcd/Mk 6:7-13

### Friday:

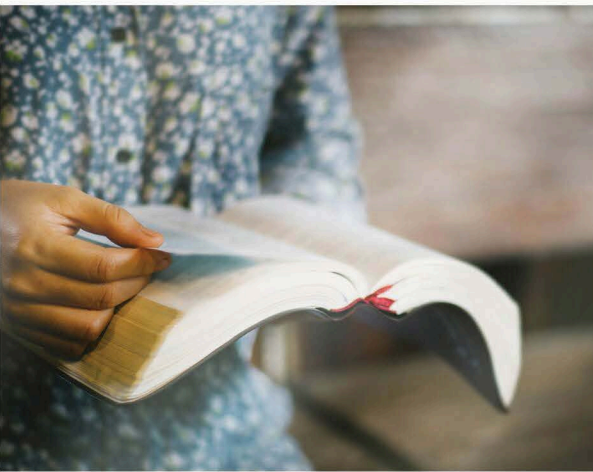
Sir 47:2-11/Ps 18:31, 47 and 50, 51/Mk 6:14-29

### Saturday:

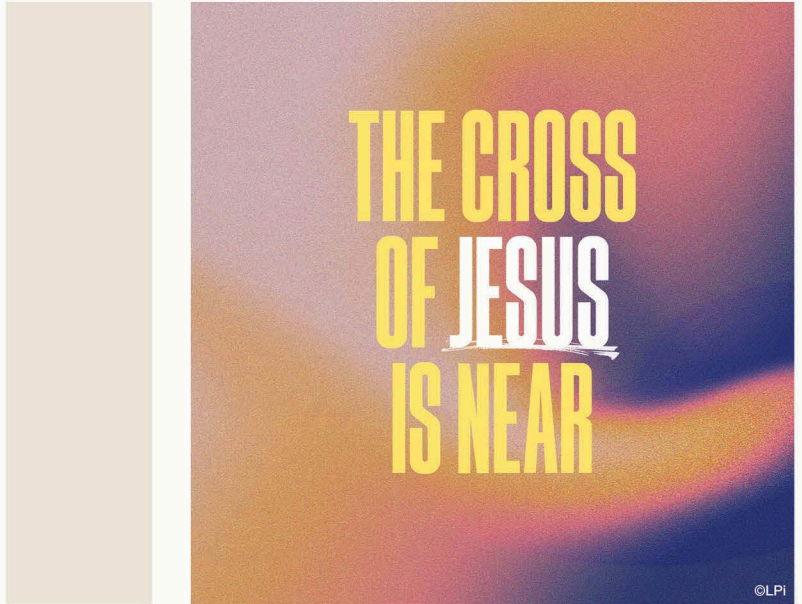
1 Kgs 3:4-13/Ps 119:9, 10, 11, 12, 13, 14/Mk 6:30-34

### Next Sunday:

Is 58:7-10/Ps 112:4-5, 6-7, 8-9/1 Cor 2:1-5/Mt 5:13-16



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## Gospel Meditation

### Encourage Deeper Understanding of Scripture

A priest I know was once falsely accused of a terrible crime. The claim was wild and easily disproved, but for a while, it didn't matter. In the atmosphere shaped by the abuse crisis of the early 2000s, the public assumption was guilty until proven innocent. His name was dragged through the mud, and his ministry placed on hold. I had the privilege — and the burden — of walking closely with him during that time.

He was angry. He was confused. He felt abandoned and deeply disoriented. The last thing on his mind was the words of Jesus in today's Gospel: **“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” (Matthew 5:11-12)**. Rejoice? He felt anything but.

And yet... something holy slowly grew in him. Not overnight, and not without pain. But as the truth came to light and his name was cleared, I watched him become more Christlike — more patient, more compassionate, more detached from human approval.

Maybe you haven't faced something so dramatic. But where do you feel judged? Misrepresented? Overlooked? Maybe someone else got the credit or the promotion. Maybe someone you love isn't getting their due. In those moments, the Cross of Jesus is near. When we feel accused, that's when we ask him for the grace not just to endure, but somehow, mysteriously, to rejoice and be glad.

— *Father John Muir*

## (PRACTICING) CATHOLIC

**Mini Reflection:** How similar we all are in sin. How similar we all are in potential. How different we look to the world. And yet, how wondrous it is that we are all offered the same hope: “Rejoice and be glad, for your reward will be great in Heaven.”

### What Stays the Same

Somewhere, there is a monk whose life is very quiet and who devotes long hours to prayer. And somewhere there is a nun, cloistered in a life of contemplation, who speaks very little except to God.

Somewhere, there is a father whose days are filled with noise, who hasn't finished a Rosary in years because he keeps falling asleep. Somewhere there is a mother whose voice is weak with giving direction and offering counsel.

Somewhere, there is a teenage girl with much to say, but few people to listen — fewer, at least, than she would like.

Somewhere there is a woman who holds a positive pregnancy test in one hand and a phone in the other, and somewhere there is a man on the other end of that phone who waits for her to speak.

In the Beatitudes, Jesus utilizes a literary device called anaphora. Both as a reader and a writer, I love anaphora. It's a clean, unfussy way to communicate a point. By repeating the same word or phrase at the beginning of successive clauses, you're basically saying the same thing over and over again, just a little bit differently each time. Those small differences tease at your audience's brain, gently highlighting the consistencies.

Discipleship is a lot like anaphora. It's the differences — those little aberrations from person to person, life to life — that so beautifully illustrate what remains the same across the broad spectrum of what it means to live out the Beatitudes.

Me. You. The monk. The nun. The father. The mother. The lonely girl. The man and woman who decided their own future without realizing it. How similar we all are in sin. How similar we all are in potential. How different we look to the world.

And yet, how wondrous it is that we are all offered the same hope: “Rejoice and be glad, for your reward will be great in Heaven.”

— Colleen Jurkiewicz Dorman

## Why do we do that? Catholic Life Explained

### Question:

Can you explain what we mean by a vocation or calling? I have heard this term used in many different contexts and am not sure what it means. Does it apply to religious life?

### Answer:

A vocation or calling refers to a spiritual experience whereby a person senses within oneself the closeness of God and what he is asking in one's life. It is a realization of what one's part in God's plan could be. Vocation comes in all kinds of ways. Some are as dramatic as St. Paul's, being knocked off his horse, blinded, and hearing God's voice. Others are less dramatic, often occurring over time through little events and personal interests. Others happen in a hurry, accompanied by great spiritual insight or conversion. We often think that this applies to religious vocation, but in fact, every Christian has a vocation, a calling to serve others in and through the church. Whether married or single, religious or lay, we are all called to live out our baptismal commitment to preach and teach the Gospel message. Each of us has our role to play in God's plan, and we become coworkers with God in the work of redemption. With a little confidence, a willing spirit and God's grace, we can and will respond to his unique call.

# Weekly Prayer

## Sunday's Readings

### First Reading:

But I will leave as a remnant in your midst  
a people humble and lowly. (Zep 3:12)

### Psalm:

Blessed are the poor in spirit; the kingdom of heaven is theirs!  
(Ps 146)  
Or Alleluia.

### Second Reading:

Rather, God chose the foolish of the world to shame the wise,  
and God chose the weak of the world to shame the strong.  
(1 Cor 1:27)

### Gospel:

"Blessed are the poor in spirit,  
for theirs is the kingdom of heaven." (Mt 5:3)

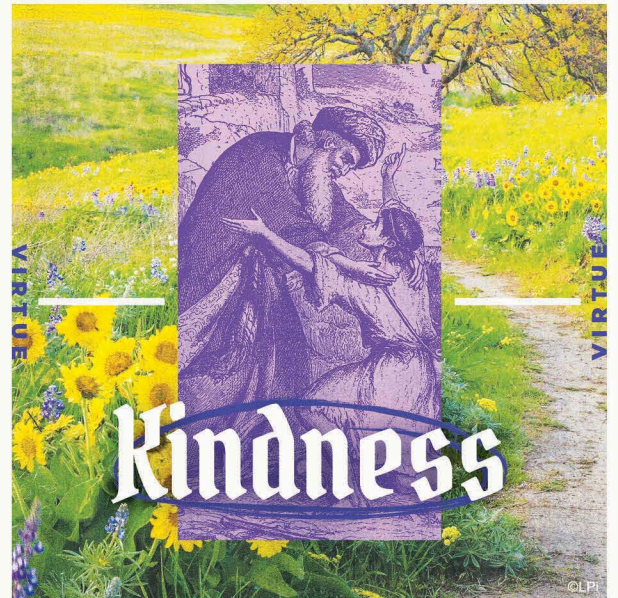
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## Live The Liturgy Inspiration of the Week

Blessed are the poor, the meek, the persecuted. These are radical words in a world that insists the opposite: blessed are the wealthy. Blessed are the forceful. Blessed are the comfortable. Do we have what it takes to be radical?

## Observances for the week of February 1, 2026

- Sunday:** 4th Sunday in Ordinary Time  
**Monday:** The Presentation of the Lord,  
World Day for Consecrated Life  
**Tuesday:** St. Blaise, Bishop and Martyr;  
St. Ansgar, Bishop  
**Thursday:** St. Agatha, Virgin and Martyr  
**Friday:** St. Paul Miki and Companions, Martyrs  
**Next Sunday:** 5th Sunday in Ordinary Time;  
World Marriage Day



## Virtues, Explained!

Also known as benevolence or beneficence and derived from the theological virtue of charity, kindness is a way of seeing others through the eyes of God, who has adopted us as His own.

## Bless Us, Lord

Jesus,  
You are good and gracious, every moment of every day. You invite us to be meek, merciful, clean of heart, peacemakers. Give us the grace to seek these virtues, and to seek you. May your blessing accompany us on our way. Amen.

“Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they will see God.”

- Mt 5:7-8

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## Questions of the Week

Invite Parishioners to Reflect and Respond to Scripture

### First Reading:

Zephaniah speaks of a “remnant” of Israel who will live humbly and seek justice. Are there people in your life who live this way?

### Second Reading:

Paul describes members of the Corinthian church as foolish, weak and despised. How would you characterize your faith community?

### Gospel:

Jesus begins his “Sermon on the Mount” with the many ways that people are blessed. What do you consider your biggest blessing?



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BLESSED ARE  
THE POOR IN  
*spirit;*  
THE KINGDOM  
OF HEAVEN  
IS THEIRS!

*Psalm 146*



“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.” - Mt 5:10-12a

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