

Readings for the week of February 8, 2026

Sunday:

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

Monday:

1 Kgs 8:1-7, 9-13/Ps 132:6-7, 8-10/
Mk 6:53-56

Tuesday:

1 Kgs 8:22-23, 27-30/Ps 84:3, 4, 5 and 10,
11/Mk 7:1-13

Wednesday:

1 Kgs 10:1-10/Ps 37:5-6, 30-31, 39-40/
Mk 7:14-23

Thursday:

1 Kgs 11:4-13/Ps 106:3-4, 35-36, 37 and
40/Mk 7:24-30

Friday:

1 Kgs 11:29-32; 12:19/Ps 81:10-11ab, 12-13,
14-15/Mk 7:31-37

Saturday:

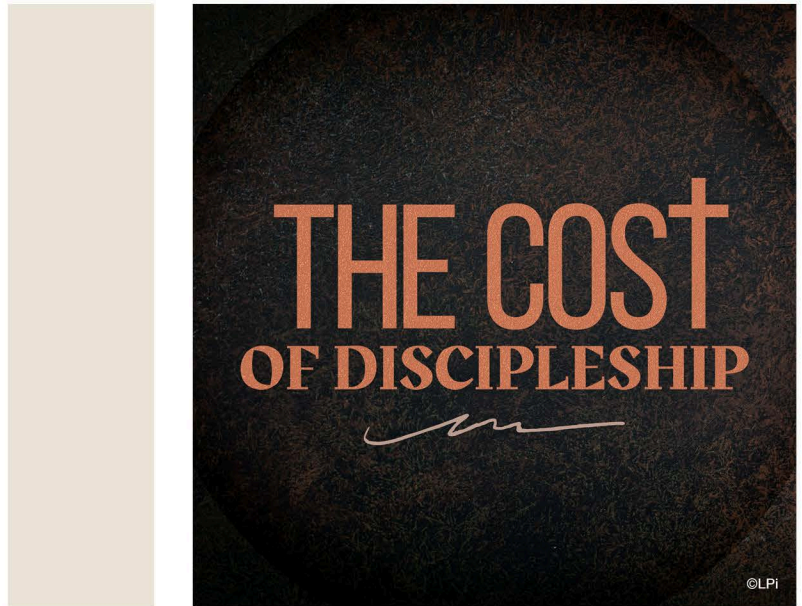
1 Kgs 12:26-32; 13:33-34/Ps 106:6-7ab,
19-20, 21-22/Mk 8:1-10

Next Sunday:

Sir 15:15-20/Ps 119:1-2, 4-5, 17-18, 33-34/
1 Cor 2:6-10/Mt 5:17-37 or 5:20-22a,
27-28, 33-34a, 37



Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.
The English translation of Psalm Responses from Lectionary for
Mass © 1969, 1981, 1997, International Commission on English in
the Liturgy Corporation. All rights reserved.



Gospel Meditation

Encourage Deeper Understanding of Scripture

I recently learned why zebras have stripes. Scientists used to think it was for camouflage, but new research suggests something more interesting: the stripes help zebras blend in with one another. When a predator looks at a herd, the overlapping stripes make it hard to single out one animal. But if a researcher spray-paints a dot on just one zebra, predators lock on it and eventually attack. The lesson? In the wild, blending in is protection. Standing out can be dangerous.

Human beings are not so different. Most of us would rather blend in than stand out, especially when it comes to our faith. We know that giving bold witness to Jesus — through our words, values, or public choices — can make us targets for criticism, isolation, or judgment. That's why Jesus' words in today's Gospel are so challenging: **"You are the light of the world. A city set on a mountain cannot be hidden" (Matthew 5:14).**

A city on a hill draws attention. It also draws fire. But that's part of the cost of discipleship. Jesus doesn't call us to be tribal or boastful. He calls us to stand in the open with humble confidence, so that people might see our good deeds and glorify our Father in heaven. Today, let's ask for the courage not just to believe in Christ, but to be seen believing in him.

— *Father John Muir*

(PRACTICING) CATHOLIC

Mini Reflection: The greatest saints in history were not great at holiness. The greatest saints in history were great at being who they were meant to be.

Be Salty

I want you to close your eyes. Are they closed? (I'm serious.) Okay. Now think of the greatest saint in history.

I don't care who you're thinking of. It's going to be different for everyone. Just think of that person. Think of his or her life. And answer the question: Why is he or she a great saint?

You're all thinking of different people, but the answer is the same for everyone. And it's not "Because he did great things for God" or "Because she sacrificed everything she had for the poor." Those answers show *evidence* of the reason. But the reason is something more.

The greatest saints in history were not great at holiness. God brought holiness about within them because (ding ding ding! Here's the answer!) the greatest saints in history were great at being who they were meant to be.

Not who they wanted to be. Not who they thought they should be. Who they were meant to be.

Simply put, they gave themselves to God. All of themselves. Flaws and all. And God took them, in their totality, and said: "Now watch this."

Just imagine if salt was ashamed of being salty. Imagine if it looked at the sodium content on its nutrition label and thought, "That's embarrassing," and decided it was going to stop being salt. Well, great. Now it's just a box of tiny rocks.

Wouldn't it have been better for the salt to trust the baker using it?

There is a plan for each of us. There is a path to holiness for each of us. This path doesn't bypass our flaws or our weaknesses; it incorporates them. It transforms them. It fulfills them.

So be salty. Be who you were meant to be.

— Colleen Jurkiewicz Dorman

Why do we do that? Catholic Life Explained

Question:

Are near-death experiences real?

Answer:

There is a lot of curiosity and fascination with the idea of an afterlife and communicating with those who have died. In movies, television shows, and numerous books, people make claims about their ability to communicate with the dead, or having had a near-death experience. There is no objective way to verify any of this. While details about people and events can be surprisingly accurate, it is just circumstantial evidence that might be explained in other ways.

On the other hand, when people have unusual experiences, sometimes called near-death or out-of-body, it is real to them. They react with the emotions and thoughts that one would expect. At times, they report details they could not have known any other way, such as bits of conversation, or meeting people they had never known in this life. So certainly, to the person, they experience something. We believe in a life after death, we believe in the communion of saints. These things are not a contradiction to faith, but we should not base our faith on them, nor change our beliefs. They are unexplained and will likely remain so.

Weekly Prayer

Sunday's Readings

First Reading:

Then your light shall break forth like the dawn,
and your wound shall quickly be healed. (Is 58:8)

Psalm:

The just man is a light in darkness to the upright. (Ps 112)
Or Alleluia.

Second Reading:

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. (1 Cor 2:1-2)

Gospel:

"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." (Mt 5:14-15)

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.
The English translation of Psalm Responses from Lectionary for Mass © 1969, 1981, 1997,
International Commission on English in the Liturgy Corporation. All rights reserved.

Live The Liturgy Inspiration of the Week

Salt without flavor is no longer salt. Light that illuminates nothing is no longer light. As Christians, we must be what we have been made to be. So think about it, carefully: what stands between you and being who you were made to be?

Observances for the week of February 8, 2026

- Sunday:** 5th Sunday in Ordinary Time;
World Marriage Day
- Tuesday:** St. Scholastica, Virgin
- Wednesday:** Our Lady of Lourdes
- Saturday:** Sts. Cyril, Monk, and Methodius, Bishop;
Valentine's Day
- Next Sunday:** 6th Sunday in Ordinary Time



Virtues, Explained!

In baptism, the Holy Spirit gives us the sanctifying grace of justification — the ability to grow in goodness through an increase in moral virtue (CCC 1266). Baptism, therefore, disposes us toward goodness.

Blessing of Mission

Bless us on our way, O Lord.
Share with us as we share with others.
Heal us as we help others to heal.
Provide for us as we open our hands in charity.
Every gift comes from You.
You are at the heart of all that is good.
Share that goodness with us today, abundantly.
Amen.

“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.”

- Mt 5:15-16

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

Questions of the Week

Invite Parishioners to Reflect and Respond to Scripture

First Reading:

We hear from Isaiah that the Lord expects us to feed the hungry, clothe the naked, and avoid false accusations and hateful speech. Which of these virtues could you practice this week?

Second Reading:

Paul encourages the Corinthians to ground their faith in the power of God and not in human wisdom. How can you make this a regular habit?

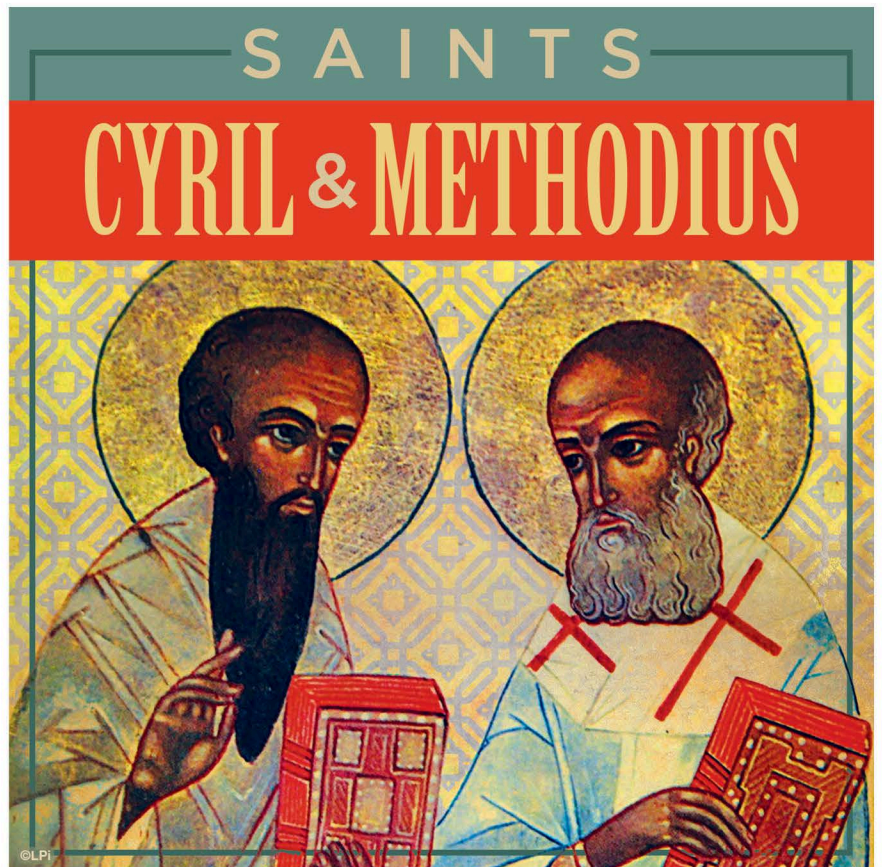
Gospel:

Jesus challenges his disciples to have a positive influence in the world. Who do you know makes the world a better place?



Support our local advertisers

Please show your support for your parish by also supporting our advertisers. We wouldn't be able to bring you our bulletin every week without them. Please encourage and remind others to show their support and shop local.





THE
JUST MAN
IS A
LIGHT IN
DARKNESS.

PSALM 112

©LPI

Jesus said to his disciples: “You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? You are the light of the world. A city set on a mountain cannot be hidden.” - Mt 5:13a, 14

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.