

# THE CATHOLIC MASS SHEET

ENGLISH STANDARD VERSION

5th Sunday in Ordinary Time (A)

8th February 2026

## THE INTRODUCTORY RITES

Entrance Antiphon or a hymn

*Stand*

Ps 94:6-7

**O come, let us worship God  
and bow low before the God who made us,  
for he is the Lord our God.**

*All make the Sign of the Cross as the Priest says:*

*In the name of the Father, and of the Son,  
and of the Holy Spirit. Amen.*

*The Priest greets everyone present.*

*The people respond: **And with your spirit.***

*The Mass of the day may be introduced.*

## Penitential Act

*The Priest invites the people to repentance  
using one of the Penitential Acts.*

Have mercy on us, O Lord.

**For we have sinned against you.**

Show us, O Lord, your mercy.

**And grant us your salvation.**

*The Priest says the absolution. All reply:*  
**Amen.**

Lord, have mercy.	<b>Lord, have mercy.</b>
Christ, have mercy.	<b>Christ, have mercy.</b>
Lord, have mercy.	<b>Lord, have mercy.</b>

## Gloria

**Glory to God in the highest,  
and on earth peace to people of good will.**

**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.**

**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 of the  
Father, have mercy on us.**

**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.  
Amen.**

## Collect

Keep your family safe, O Lord, with unfailing care,  
that, relying solely on the hope of heavenly grace,  
they may be defended always by your protection.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the  
Holy Spirit,  
God, for ever and ever.  
**Amen.**

*Sit*

## THE LITURGY OF THE WORD

### First Reading

A reading from the Prophet Isaiah.

Isaiah 58:6-10

Thus says the Lord: Is not this the fast that  
I choose: to loose the bonds of wickedness,  
to undo the straps of the yoke, to let the  
oppressed go free, and to break every yoke?  
Is it not to share your bread with the hungry and  
bring the homeless poor into your house; when  
you see the naked, to cover him, and not to  
hide yourself from your own flesh?

Then shall your light break forth like the dawn,  
and your healing shall spring up speedily; your  
righteousness shall go before you; the glory of  
the LORD shall be your rearguard.

Then you shall call, and the LORD will answer;  
you shall cry, and he will say, 'Here I am.' If  
you take away the yoke from your midst, the  
pointing of the finger, and speaking wickedness,  
if you pour yourself out for the hungry and  
satisfy the desire of the afflicted, then shall your  
light rise in the darkness and your gloom be as  
the noonday.

The word of the Lord.  
**Thanks be to God.**

**Psalm** Psalm 112(111):4-5. 6-7. 8a, 9. R.4a

**R. A light rises in the darkness for the upright.**

*or: Alleluia.*

A light rises in the darkness for the upright;  
he is generous, merciful, and righteous.  
It goes well for the man who deals generously  
and lends,

who conducts his affairs with justice. **R.**

He will never be moved;  
for ever shall the upright be remembered.  
He has no fear of evil news;  
with a firm heart, he trusts in the LORD. **R.**

With a steadfast heart he will not fear.  
Open-handed, he gives to the poor;  
his justice stands firm for ever.  
His might shall be exalted in glory. **R.**

**Second Reading**

A reading from the First Letter of Saint Paul to  
the Corinthians. 1 Corinthians 2:1-5

I, when I came to you, brothers and sisters,  
did not come proclaiming to you the testimony  
of God with lofty speech or wisdom. For I  
decided to know nothing among you except  
Jesus Christ and him crucified. And I was  
with you in weakness and in fear and much  
trembling, and my speech and my message  
were not in plausible words of wisdom, but in  
demonstration of the Spirit and of power, so  
that your faith might not rest in the wisdom of  
men but in the power of God.

The word of the Lord.

**Thanks be to God.**

**Acclamation before the Gospel** *Stand*  
**Alleluia, alleluia.** John 8:12

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

**Gospel** Matthew 5:13-16

The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to  
Matthew.

**Glory to you, O Lord.**

At that time: Jesus said to his disciples, 'You  
are the salt of the earth, but if salt has lost its  
taste, how shall its saltiness be restored? It  
is no longer good for anything except to be  
thrown out and trampled under people's feet.

'You are the light of the world. A city set on  
a hill cannot be hidden. Nor do people light  
a lamp and put it under a basket, but on a  
stand, and it gives light to all in the house.  
In the same way, let your light shine before  
others, so that they may see your good works  
and give glory to your Father who is in  
heaven.'

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

**The Homily**

*Sit*

**The Nicene Creed**

*Stand*

**I believe in one God,  
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,  
and by the Holy Spirit**

*All bow*

**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.**

*Or:*

**The Apostles' Creed**  
 I believe in God,  
 the Father almighty,  
 Creator of heaven and earth,  
 and in Jesus Christ, his only Son, our Lord,  
*who was conceived by the* *All bow*  
**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.

#### **Prayer of the Faithful**

*Response example:* Lord, in your mercy.  
**Hear our prayer.**

*After the concluding prayer all say: Amen. Sit*

#### **THE LITURGY OF THE EUCHARIST**

*The offerings are brought to the altar.  
 A hymn may be sung. If the Priest says the two  
 prayers of offering aloud, the response both  
 times is:*

**Blessed be God for ever.**

*The people rise as the Priest says:*  
 Pray, brethren (brothers and sisters),  
 that my sacrifice and yours  
 may be acceptable to God,  
 the almighty Father.

*The people reply:*

**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.**

#### **Prayer over the Offerings**

O Lord our God,  
 who once established these created things  
 to sustain us in our frailty,  
 grant, we pray,  
 that they may become for us now  
 the Sacrament of eternal life.  
 Through Christ our Lord.  
**Amen.**

#### **The Eucharistic Prayer**

The Lord be with you.  
**And with your spirit.**  
 Lift up your hearts.  
**We lift them up to the Lord.**  
 Let us give thanks to the Lord our God.  
**It is right and just.**

*The Priest continues with the Preface and  
 concludes with the people, singing or saying aloud:*

**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.** *Kneel*

*The Eucharistic Prayer continues until the  
 Priest says:*

The mystery of faith.  
*And the people continue, acclaiming one of the  
 following:*

**We proclaim your Death, O Lord,  
 and profess your Resurrection  
 until you come again.**

*Or:*

**When we eat this Bread and drink this Cup,  
 we proclaim your Death, O Lord,  
 until you come again.**

*Or:*

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

*The Priest concludes the Eucharistic Prayer  
 saying alone:*

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.

*The people acclaim: Amen.*

#### **The Communion Rite**

*Stand*

*The Priest invites all to join in the Lord's Prayer:*  
**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.**

*The Priest continues alone:*

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.

**For the kingdom,  
the power and the glory are yours  
now and for ever.**

*The Priest says:*

Lord Jesus Christ,  
who said to your Apostles:  
Peace I leave you, my peace I give you,  
look not on our sins,  
but on the faith of your Church,  
and graciously grant her peace and unity  
in accordance with your will.  
Who live and reign for ever and ever.

**Amen.**

The peace of the Lord be with you always.  
**And with your spirit.**

*The Deacon, or the Priest, adds:*

Let us offer each other the sign of peace.

*The Priest takes the host and breaks it.*

*Meanwhile the people say or sing:*

**Lamb of God, you take away the sins of the world,  
have mercy on us.**

**Lamb of God, you take away the sins of the world,  
have mercy on us.**

**Lamb of God, you take away the sins of the world,  
grant us peace.**

*Kneel*

*The Priest shows the host to the people and says:*

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.

**Lord, I am not worthy  
that you should enter under my roof,  
but only say the word  
and my soul shall be healed.**

*The Priest or other minister says to each  
communicant:*

The Body [Blood] of Christ.

*Each communicant answers:* **Amen.**

**Communion Antiphon**

Cf. Ps 106:8-9

**Let them thank the Lord for his mercy,  
his wonders for the children of men  
for he satisfies the thirsty soul,  
and the hungry he fills with good things.**

**Prayer after Communion**

*Stand*

O God, who have willed that we be partakers  
in the one Bread and the one Chalice,  
grant us, we pray, so to live  
that, made one in Christ,  
we may joyfully bear fruit  
for the salvation of the world.  
Through Christ our Lord.

**Amen.**

**THE CONCLUDING RITES**

*Announcements may be made.*

*Then:*

*Priest:* The Lord be with you.

*All:* And with your spirit.

May almighty God bless you,  
the Father, and the Son, ✠ and the Holy Spirit.  
**Amen.**

*Then the Deacon, or the Priest, says:*

Go forth, the Mass is ended.

*Or:*

Go and announce the Gospel of the Lord. *Or:*

Go in peace, glorifying the Lord by your life. *Or:*

Go in peace.

**Thanks be to God.**



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