

# The Living Word

**Fifth Sunday in Ordinary Time, Year A**

**8 February 2026**

## **First Reading Is 58:7-10**

*Your light will shine like the dawn.*

Thus says the Lord:

Share your bread with the hungry,  
and shelter the homeless poor,  
clothe the man you see to be naked  
and turn not from your own kin.  
Then will your light shine like the dawn  
and your wound be quickly healed over.

Your integrity will go before you  
and the glory of the Lord behind you.  
Cry, and the Lord will answer;  
call, and he will say, 'I am here.'

If you do away with the yoke,  
the clenched fist, the wicked word,  
if you give your bread to the hungry,  
and relief to the oppressed,  
your light will rise in the darkness,  
and your shadows become like noon.

## **Responsorial Psalm**

**Ps 111:4-9. R. v.4**

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

*or*

*(R.) Alleluia!*

1. He is a light in the darkness for the upright:  
he is generous, merciful and just.  
The good man takes pity and lends,  
he conducts his affairs with honour *(R.)*
2. The just man will never waver:  
he will be remembered for ever.  
He has no fear of evil news;  
with a firm heart he trusts in the Lord. *(R.)*
3. With a steadfast heart he will not fear;  
open-handed, he gives to the poor;  
his justice stands firm for ever.  
His head will be raised in glory. *(R.)*

## **Second Reading 1 Cor 2:1-5**

*I came to you to proclaim Christ crucified.*

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

## **Gospel Acclamation Jn 8:12**

*Alleluia, alleluia!*

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

## **Gospel Mt 5:13-16**

*You are the light of the world.*

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'



## **Reflection by Fr Michael Tate**

You are the salt of the earth, you are the light of the cosmos. 'You' is in the plural. So these descriptions are meant to apply to us as a Christian community.

Salt in the ancient world was a preservative for food. So, we are the ones who are to preserve the earth, to prevent its deterioration, to keep it life-giving.

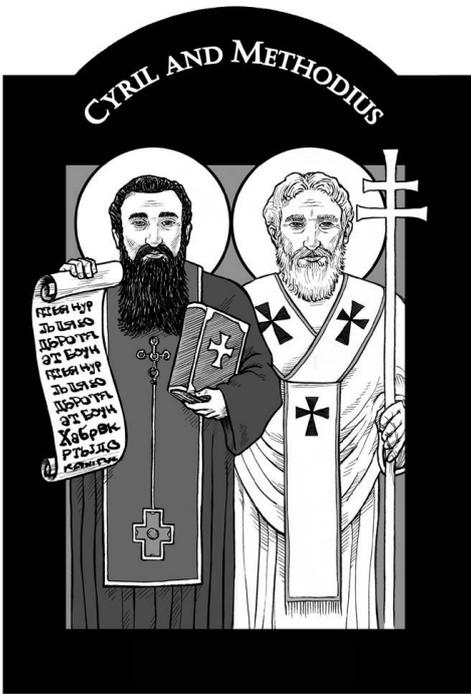
Salt has to penetrate food to have an effect. We have to penetrate the world with our Sermon on the Mount values. Staying self-contained as a perfect little band of Christians is about as useful as salt remaining in the saltshaker. In Our Lord's scary opinion we would quite rightly be trampled underfoot.

How are we light for the cosmos? By 'good works'? No, a truer translation is by 'beautiful works'. These are those things we do which have grace, elegance and proportion and are therefore pleasing to observe: beautifully-good-works.

We could pause for a moment to pray that we remain salty and tangy, doing good beautifully and elegantly.

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**S**s Cyril and Methodius were brothers, born in Thessalonika. In their later lives they became priests and in 863 were sent to Moravia as missionaries, where they taught the gospels in the native tongue of the people. At that time, the old Slavonic language had no written form, so Cyril invented an alphabet and translated the liturgy and much of the bible. At the request of the pope they returned to Rome, but Cyril died soon after. Methodius was consecrated archbishop of Sirmium and returned to Moravia, where he was imprisoned for two years by German bishops for his continued use of the vernacular liturgy. Alongside St Benedict, Ss Cyril and Methodius were declared patrons of Europe by Pope John Paul II.

Unscramble and decipher these tiles to reveal one of Jesus' sayings from this week's Gospel.



“ \_\_\_\_\_ ”  
 \_\_\_\_\_ .

# Crossword

## Across

- 2: a light you can carry around
- 5: not dark
- 7: the opposite of bottom
- 10: you eat this when you are hungry
- 12: Jesus' friends

## Down

- 1: Jesus told the disciples they were like \_\_\_\_\_ for everyone on earth
- 3: an indoor plant grows in this
- 4: a very large town
- 6: kept out of sight
- 8: the number before two
- 9: a place where you live
- 11: a small mountain

