



OUR LADY OF DOLOURS SERVITE CHURCH

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5TH SUNDAY IN ORDINARY TIME YR. A 8TH FEB. 2026

Sunday Reflection

The readings for the 5th Sunday in Ordinary Time, Year A, invites us to reflect on the profound call to be salt and light in the world.

In today's 1st reading from the book of prophet Isaiah 58:7-10, the Lord speaks through him, emphasizing the importance of genuine compassion and social justice. God desires us not merely to practice rituals but to engage in acts of kindness, to share our bread with the hungry and to welcome the homeless. These are not just good deeds; they are essential expressions of our faith. When we serve others, especially those in need, we reflect God's light and love to the world.

Psalm 111:4-9 echoes this, describing the blessings of those who are compassionate and just. It reminds us that when we act with generosity and integrity, we embody the light that dispels darkness.

The 2nd reading taken from 1st letter of St. Paul to the Corinthians 2:1-5, Paul asserts that he did not come to them with lofty words but with simple powerful message of Christ crucified. He shows us that our faith is not built on human wisdom but on the transformative power of God. In our weakness and humility, we can be vessels for that power, illuminating the path for others to follow.

In the Gospel of St. Matthew 5:13-16, Jesus calls us to be "salt of the earth" and the light of the world." Salt enhances flavor and preserves what is good, while light penetrates darkness and reveals truth. We are not meant to hide our faith but to let it shine brightly, influencing the world for good. A life without faith is like food without salt; it has no taste. It has no meaning. Discipleship that loses its distinctive character becomes useless. A follower of Christ is not about self-display but functional visibility – light exists to serve others.



First Holy Communion – The 9th session is on 26th February 2026 (Thursday) 3:45pm-4:45pm at the Church. The Sacrament of Reconciliation will be on 28th February 2026 (Saturday) at 11:00 am.

Confirmation – The 3rd session will be on 8th February 2026 (Sunday) 5:30 PM at Founders Room. For those who want to join the Confirmation program, kindly call or visit the parish office.

Feast of Our Lady of Lourdes – The Sacrament of the Anointing of the Sick will be administered immediately after the 6:30 p.m. Mass on Wednesday, 11 February 2026. All the sick and infirm of our parish are invited to receive this sacrament.

Appeal for the Lighting System – Our parish church had made a major repair to the electrical lighting system that costs £40,000. We sincerely appeal for your generous support. Thank you for your kindness and generosity.

May God's light lead you, His grace sustain you, and His love surround you always.

Mass Times

Vigil Mass: Sat 6.30 pm
Sunday 9.30 am
11.00 am
Spanish Mass 12.30 pm
6.30 pm
Mon to Sat 10am & 6.30 pm

Sacrament of Confession

Saturday 10.45 – 11.15 am
6.00 – 6.30 pm
Mon – Fri 6:15 – 6:30 pm

Parish Office Opening Hrs

Mon – Fri 9am to 5pm
(Lunch from 1.30pm to 2.30pm)

Rosary

Every Wednesday after
10am Mass followed by Tea
in the Founders Room.

- Rosary also held
on Sundays at 3pm
in the Colonnade.

Legion of Mary

Every Tuesday at 7pm in the
Parlour.

Holy Hour

1st Friday of every month after
10am Mass. The hour will include
Rosary, Litany Divine Mercy &
Benediction.

Saints Days

Mon 9th – St. Jerome Emiliani
Tue 10th – St. Scholastica
Wed 11th – Our Lady of Lourdes
Thu 12th – St. Apollonia
Fri 13th – St. Giles Mary of
St. Joseph
Sat 14th – Sts. Cyril and
Methodius



St. Peregrine Mass of Healing

Our next St. Peregrine Mass of
Healing is on 25th February at
6.30pm.

Relic of St. Carlo Acutis

Exposition of this Relic on every
Monday after our 10am Mass.

St. Carlo Acutis, Pray for us.

FIRST READING

A reading from the prophet

Isaiah 58:6-10

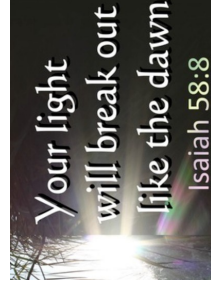
Thus says the Lord:

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.

All: Thanks be to God.

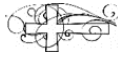


RESPONSORIAL

Ps 112(111):4-5. 6-7. 8a, 9. R4a

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

5th Sunday in Ordinary Time (Year A) 8th February 2026



Gospel Acclamation:

Alleluia, alleluia!

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

Alleluia!

Gospel

A reading from the holy Gospel according to Matthew 5:13-16

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.'

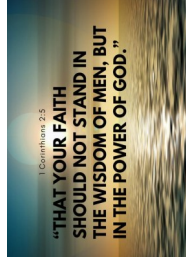
SECOND READING

A reading from the First Letter of Saint Paul to the 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.

All: Thanks be to God.



NICENE CREED—See Laudate 479 (205)

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,
(*All bow for following three lines*)
and by the Holy Spirit 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.

