



St. Joseph's Church Wilton

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The Gospel.

Fourth Sunday in Ordinary Time (Cycle A) "Blessed are the poor in Spirit".

We have heard the Beatitudes over and over again. They sound lovely, full of beauty and balance. But don't be seduced by the poetry. That passage in the Gospel contains the most difficult challenge of all time. The values of the world are greed, self-importance, selfishness, impurity, aggressiveness, revenge, and war. Our Lord takes these values, and turns them on their heads. Then he says: *"They are not my values". "My values are poverty of spirit, purity of life, gentleness of heart". "My values are mercy, justice, reconciliation, forgiveness, and peace". "If you want to be a disciple of mine these are the values you aspire to live your life by"*. Now you know what **GOING DEEPER MEANS** as we prepare for Lent!!

New Parish Initiative For Prayer.

As we are located near to CUH and Bru Columbanus, many people come to our church. In their time of need they come among us and would like to feel that we identify with their prayers. As a way of responding to their need and also to our members who would like to feel that their prayer is also our prayer, a book has been placed in the middle of the church. People are invited to write their particular intention in the book. All intentions included will be remembered at each Mass in the Parish. Also, people are welcome to read the prayer intentions. Taking time to do so just might help to put our own prayer petitions into perspective.



WHAT TO GIVE UP

A LENTEN REFLECTION

- GIVE UP WORRY — TRUST IN THE LORD
- GIVE UP COMPLAINING — FOCUS ON GRATITUDE
- GIVE UP PESSIMISM — BECOME AN OPTIMIST
- GIVE UP HARSH JUDGMENTS — THINK KIND THOUGHTS
- GIVE UP DISCOURAGEMENT — BE FULL OF HOPE
- GIVE UP BITTERNESS — TURN TO FORGIVENESS
- GIVE UP HATRED — RETURN GOOD FOR EVIL
- GIVE UP PETTINESS — BECOME MATURE
- GIVE UP GLOOM — SEEK BEAUTY AROUND YOU
- GIVE UP NEGATIVISM — BE POSITIVE
- GIVE UP ANGER — BE MORE PATIENT
- GIVE UP JEALOUSY — PRAY FOR TRUST
- GIVE UP GOSSIPING — CONTROL YOUR TONGUE
- GIVE UP SIN — TURN TO VIRTUE
- GIVE UP GIVING UP — HANG IN THERE!

ST JOSEPH'S SMA PARISH WILTON

GOING DEEPER DURING LENT TO BETTER PREPARE FOR EASTER

SAT 7TH FEB

11.00AM TO 4.00PM



Wilton Parish is hosting a day of reflection with Fr. Tom McNamara SMA, who has been hearing confessions in Knock Shrine for the past 6 years.

What has Fr. Tom learnt? What insights, as a priest, has he come upon after listening to all those confessions? Could he help us to go deeper, and better prepare ourselves to experience the coming of the Spirit at Easter?

Join us for a quiet, reflective day, to better prepare us to know what the Ash of Ash Wednesday will mean to us as individuals, and as a community, as we prepare for the Season of Lent.

Please register in the Mass Office in advance of the event

Fee: €20



Our Lady Of Lourdes Annual Novena.

The Annual Novena in honour of our Lady of Lourdes will take place in our church from the 3rd February to the 11th of February during the 10.a.m. Mass on weekdays and the 10.30a.m. Mass on Sunday. The Blessing of the Throats for the Feast of Saint Blaise will take place on Tuesday 3rd of February at the 10 a.m. and 5.35 p.m. Masses.

Children's St. Valentine's Day Party

SATURDAY, FEBRUARY 14TH

10:00 Mass St. Joseph's Church, Wilton Rd, Cork

10:30 - 12:30 Party SMA Parish Centre, Wilton, Cork

*Adoration & Confession available after Mass

JOIN US FOR:
CRAFTS,
GAMES,
SWEETS AND
MORE!



RSVP:



**Children must be accompanied by a parent/guardian at all times

ENTRANCE ANTIPHON

Did I not feel for those whose day was hard?
Was not my soul grieved for the poor?

PENITENTIAL ACT

Lord Jesus, you have shown us the way to the Father:

Lord, have mercy. **Lord, have mercy.**

Lord Jesus, you have given us the consolation of the truth:

Christ, have mercy. **Christ, have mercy.**

Lord Jesus, you are the Good Shepherd, leading us into everlasting life:

Lord, have mercy. **Lord, have mercy.**

May almighty God have mercy on us. Amen.

THE 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.

OPENING PRAYER

Merciful God,
origin and reward of all charity, you called Saint Brigid to teach the new commandment of love through her life of hospitality and her care of the needy; give to your people, by her intercession, a generous spirit, so that, with hearts made pure, we may show your love to all. Through our Lord Jesus Christ,

✠ LITURGY OF THE WORD ✠

FIRST READING *Zephaniah 2:3; 3:12 - 13*
A reading from the prophet Zephaniah

Seek the Lord all you, the humble of the earth, who obey his commands.

Seek integrity, seek humility: you may perhaps find shelter on the day of the anger of the Lord.

In your midst I will leave
a humble and lowly people,



ST BRIGID, ABBESS, SECONDARY PATRON OF IRELAND

Blessed are they who live the Beatitudes. They are blessed and know what makes true happiness.

1st February 2026



and those who are left in Israel will seek refuge in the name of the Lord.

They will do no wrong, will tell no lies;
and the perjured tongue will no longer be found in their mouths.

But they will be able to graze and rest with no one to disturb them.

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM 145: 7 - 10

**R. How happy are the poor in spirit; theirs is the kingdom of heaven.
or Alleluia**

1. It is the Lord who keeps faith for ever, who is just to those who are oppressed. It is he who gives bread to the hungry, the Lord, who sets prisoners free. (R)
2. It is the Lord who gives sight to the blind, who raises up those who are bowed down, the Lord, who protects the stranger and upholds the widow and orphan. (R)
3. It is the Lord who loves the just but thwarts the path of the wicked. The Lord will reign for ever, Zion's God, from age to age. (R)

SECOND READING *Corinthians 1:26 - 31*

A reading from St. Paul's first letter to the Corinthians
Take yourselves, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen - those who are nothing at all to show up those who are everything. The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: if anyone wants to boast, let him boast about the Lord.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

**Blessed are you, Father,
Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children.
Alleluia !**

GOSPEL *Matthew 5: 1 - 12*

A reading from the holy Gospel according to Matthew

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them: 'How happy are the poor in spirit: theirs is the kingdom of heaven.

Happy the gentle: they shall have the earth for their heritage. Happy those who mourn: they shall be comforted. Happy those who hunger and thirst for what is right: they shall be satisfied.

Happy the merciful:

they shall have mercy shown them.

Happy the pure in heart: they shall see God.

Happy the peacemakers:

they shall be called sons of God.

Happy those who are persecuted in the cause of right:

theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

The Gospel of the Lord.

Praise to you Lord Jesus Christ.

APOSTLES' CREED

I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,

All bow for following two lines:

who was conceived by the 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.

✠ LITURGY OF EUCHARIST ✠

Pray brothers and sisters, ...

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

As we present these gifts, O Lord, on the feast of Saint Brigid, may we come to know you as the source of all true love.

Through Christ our Lord..

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.

SANCTUS

Holy, Holy, Holy Lord God of hosts.....

AFTER THE CONSECRATION

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

INVITATION TO HOLY COMMUNION

Behold the Lamb of God.....

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

COMMUNION ANTIPHON

Come, you whom my Father has blessed, says the Lord. I was sick and you visited me. In truth I tell you, in so far as you did this to one of the least of these, you did it to me.

PRAYER AFTER COMMUNION

You give us food from heaven, Lord, to strengthen us in love;
grant, we pray, through the intercession of Saint Brigid, that works of charity continue to flourish and the light of true faith not fail.
Through Christ our Lord.

