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**AMBUHAY**  
**MISSALETTE**

FOR A SYNODAL CHURCH: COMMUNION, PARTICIPATION, MISSION  
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February 05, 2023

*National Day of Prayer and Awareness against Human Trafficking*

# Seasons Of the World

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Every one of us can relate to this: when we have the flu, we lose our appetite and say, *“Wala akong gana kasi wala akong panlasa.”* We may then conclude that vigor and zest are related to taste; thus, flavors matter.

At the height of the pandemic, especially during the lockdowns, to maintain sanity, many became expert gardeners, learned how to bake, or got their creative juices flowing. Personally, I embraced the kitchen. I enhanced my skills in cooking and wrote snippets of inspiration for every menu I prepared. One of the realizations that I had was that salt not only gives taste to food and preserves, it but also zaps out and boosts the flavors of every ingredient

used in a recipe. I did not “google” or learn this from the “YouTube university.” Aha moments came when I observed and experimented. Salt is definitely the magic ingredient in cooking.

This Sunday’s Gospel passage that follows the Matthean Beatitudes tells us that as salt we must lead purpose-driven lives. Jesus asks us to be life-givers, agents of life. We must help others showcase their flavors in life and create the best menu that promotes synodality, interconnectedness, and humanitarian concern. As our favorite “tuyo” is preserved by salt, so we are invited to be catalysts to preserve the beauty of life. Jesus wants us to empower others to live

life to the full and fulfill their calling. We are the salt of the earth because when we dissolve our selfishness and empty ourselves for others, we create flavors that give zest and vigor to people’s lives. The world comes alive because we continually season it by responding to our purpose to be the salt of the earth.

“You are the light of the world.” As light, we are called to make ourselves visible, not to shine but to illumine. Light, in physics, is the fastest-moving reality. We are here to share that quality, to move fast in our mission to be the light of the world. Our burning desire to enlighten others is fulfilled by making our lives a reflection of Jesus, the one true light.

## THE INTRODUCTORY RITES

### Entrance Antiphon

(Ps 95 [94]:6–7)

*(Recited when there is no opening song)*

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

### Greeting

*(The sign of the cross is made here)*

**P**—The Lord be with you.

**All**—And with your spirit.

### Introduction

*(These [or similar words] may be used to address the assembly.)*

**P**—In today's Gospel, Jesus calls his disciples "the salt of the earth" and "the light of the world." By these images, Jesus points to our dignity as well as our mission.

We also include in our prayers our brethren who are victims of Human Trafficking as today is also the **National Day of Prayer and Awareness against Human Trafficking**.

### Penitential Act

**P**—Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.  
*(Pause)*

**All**—I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, *(Strike your breast)* through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

**P**—May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

**All**—Amen.

**P**—Lord, have mercy.

**All**—Lord, have mercy.

**P**—Christ, have mercy.

**All**—Christ, have mercy.

**P**—Lord, have mercy.

**All**—Lord, have mercy.

## 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

**P**—Let us pray. *(Pause)*

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.

**All**—Amen.

## LITURGY OF THE WORD



### First Reading (Is 58:7–10) *(Sit)*

*By practicing works of justice and helping the oppressed and the afflicted, God's people can be the light that breaks forth like the dawn.*

### A reading from the Book of the Prophet Isaiah

THUS SAYS the LORD: Share your bread with the hungry, shelter the oppressed and the homeless; clothe the naked when you see them, and do not turn your back on your own. Then your light shall break forth like the dawn, and your wound shall quickly be healed; your vindication shall go before you, and the glory

of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; you shall cry for help, and he will say: Here I am! If you remove from your midst oppression, false accusation, and malicious speech; if you bestow your bread on the hungry and satisfy the afflicted; then light shall rise for you in the darkness, and the gloom shall become for you like midday.

—The word of the Lord.

**All**—Thanks be to God.

### Responsorial Psalm (Ps 112)

**R**—The just man is a light in darkness to the upright.

sr. m.c.a. parco, fsp



The justman is a light in



dark-ness to the up - right.

1. Light shines through the darkness for the upright;/ he is gracious and merciful and just./ Well for the man who is gracious and lends,/ who conducts his affairs with justice. **(R)**

2. He shall never be moved;/ the just one shall be in everlasting remembrance./ An evil report he shall not fear;/ his heart is firm, trusting in the Lord. **(R)**

3. His heart is steadfast; he shall not fear. Lavishly he gives to the poor;/ his justice shall endure forever;/ his horn shall be exalted in glory. **(R)**

4. His heart is steadfast;/ he shall not fear. Lavishly he gives to the poor; his justice shall endure forever;/ his horn shall be exalted in glory. **(R)**

### Second Reading (1 Cor 2:1–5)

*Paul reminds us that the cross of Jesus is the power of God. The cross may be foolishness to the wise of this world, but to those who believe, it stands for salvation made possible by*

*Christ's suffering and death.*

### **A reading from the first Letter of Saint Paul to the Corinthians**

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. I came to you in weakness and fear and much trembling, and my message and my proclamation were not with persuasive words of wisdom, but with a demonstration of Spirit and power, so that your faith might rest not on human wisdom but on the power of God.

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

### **Alleluia** (Jn 8:12) *(Stand)*

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

### **Gospel** (Mt 5:13–16)

**P—**A reading from the holy Gospel according to Matthew  
**All—Glory to you, O Lord.**

JESUS said to his disciples: “You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. 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; 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.”

—The Gospel of the Lord.  
**All—Praise to you, Lord Jesus Christ.**

### **Homily** *(Sit)*

### **Profession of Faith** *(Stand)*

**All—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, *(at the words that follow, up to and including and became man, all bow)* 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.**

### **Prayer of the Faithful**

**P—**Brethren, today we are called by the Lord to be salt of the earth and light of the world. Let us ask then for the grace towards the building up of God's Kingdom as we say:

**R—Father, you are our light.**

**C—**For the Church: may Pope Francis, bishops, priests, deacons, and the lay faithful, mirror your light in our discernment and service toward each other. We pray: **(R)**

**C—**For all who serve in the government: may their service to their countrymen reflect the splendor of your light and truth. We pray: **(R)**

**C—**For many of us gathered today who are undergoing great difficulties: may we find consolation in the light brought by the presence of the people we love. We pray: **(R)**

**C—**For our brothers and sisters who are victims of human trafficking: help us take concrete actions against systems and circumstances that make human trafficking even a possibility. We pray: **(R)**

**C—**For our departed loved ones: Welcome them back into your eternal light. We pray: **(R)**

**C—**Let us pray for the urgent concerns of our community and our personal intentions *(pause)*. We pray: **(R)**

**P—**Guide us by your Light, O Father, that we may also shine your light to all people of good will and creation. We ask this through Jesus Christ, our Lord.  
**All—Amen.**



### **Presentation of the Gifts** *(Stand)*

**P—**Pray, brethren...  
**All—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**

**P—**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.  
**All—Amen.**

## Preface *(Ordinary Time VIII)*

**P**—The Lord be with you.

**All**—And with your spirit.

**P**—Lift up your hearts.

**All**—We lift them up to the Lord.

**P**—Let us give thanks to the Lord our God.

**All**—It is right and just.

**P**—It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God.

For when your children were scattered afar by sin, through the Blood of your Son and the power of the Spirit, you gathered them again to yourself, that a people, formed as one by the unity of the Trinity, made the body of Christ and the temple of the Holy Spirit, might, to the praise of your manifold wisdom, be manifest as the Church.

And so, in company with the choirs of Angels, we praise you, and with joy we proclaim: **All—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)*

### Acclamation *(Stand)*

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

## THE COMMUNION RITE

### The Lord's Prayer

**All**—Our Father...

**P**—Deliver us, Lord...

**All**—For the kingdom, the power and the glory are yours now and forever.

### Invitation to Peace

### Invitation to Communion

*(Kneel)*

**P**—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.

**All**—Lord, I am not worthy that you should enter under



**JOURNEYS OF FAITH** *SETTING THE GOLD STANDARD IN PILGRIMAGES*

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Egypt-Israel-Jordan with Fr. Jigs Rosalinda

**ADRIATIC COAST WITH MEDJUGORJE (Apr 22 - May 5, 2023)**  
Austria - Slovenia - Bosnia Hercegovina - Croatia - Montenegro  
with Fr. Herbie Santos

**ICONIC AND RELIGIOUS ITALY (May 6 - 16, 2023)**  
Italy with Fr. Ricky Montanez A.A.

**JOURNEYING TO EUROPE'S MARIAN SHRINES (May 6 - 23, 2023)**  
Portugal - Spain - France - Switzerland - Italy  
with Fr. Bong Tupino

**A MARIAN FAITH & FUN JOURNEY (Jun 15 - Jul 2, 2023)**  
Portugal - Spain - France - Italy  
with Fr. Godwin Tatlonghari

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**my roof, but only say the word and my soul shall be healed.**

### Communion Antiphon

(Ps 107 [106]:8-9)

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

### Prayer after Communion

*(Stand)*

**P**—Let us pray. *(Pause)*

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.

**All**—Amen.

## THE CONCLUDING RITES

**P**—The Lord be with you.

**All**—And with your spirit.

### Solemn Blessing

**P**—Bow down for the blessing. *(Pause)*

May almighty God always keep every adversity far from you and in his kindness pour out upon you the gifts of his blessing.

**All**—Amen.

**P**—May God keep your hearts attentive to his words, that they may be filled with everlasting gladness.

**All**—Amen.

**P**—And so, may you always understand what is good and right, and be found ever hastening along in the path of God's commands, made coheirs with the citizens of heaven.

**All**—Amen.

**P**—And may the blessing of almighty God, the Father, and the Son, + and the Holy Spirit, come down on you and remain with you for ever.

**All**—Amen.

### Dismissal

**P**—The Mass is ended. Go in peace, glorifying the Lord by your life.

**All**—Thanks be to God.

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