



ST PAULS MEDIA **pastoral ministry**  
**AMBUHAY**  
**MISSALETTE**

FOR A SYNODAL CHURCH: COMMUNION, PARTICIPATION, MISSION  
**SYNOD 2021-2023**



Year 36 No. 41

4<sup>th</sup> Sunday in Ordinary Time (A) — Green  
*National Bible Sunday/Pro-Life Sunday*

January 29, 2023

What does it mean to be blessed? Can we equate it with answered prayers or attained goals or fulfilled dreams? May it also mean receiving gifts deserved or otherwise? Being blessed for some translates into being safe, able to surpass difficulties brought about by sufferings.

The word “blessed” in Greek is *makarios*, which expresses the happy, untroubled state of the gods, and then more generally, the happiness of the rich who are free from care. In the Greek Septuagint translation of the Old Testament, it is used for the Hebrew word *asere*, having reference to the religious joy of the person who has a share in salvation.

Jesus in the Gospel gives us a blessing, a hope of salvation especially for those who suffer in despair, the marginalized, and the persecuted. Jesus reminds us that God’s loving gaze is for everyone, not just for those who are blessed in any way but also for those who are not aware that they are blessed and loved. Jesus declares that even the greatest suffering can be a blessing – a share in salvation.

The Gospel brings us two challenges. The first is when we find ourselves far from being blessed. Oftentimes we are simply too distracted to count our blessings—even to the point that we do not realize how we have been blessed. The hardships that we face, the weight of responsibilities like family, work, and finances can cloud our vision of the blessings



and heart, and that God continues to bless us. As the Stoic Roman Emperor philosopher Marcus Aurelius once remarked, “When you arise in the morning, think of what a precious privilege it is to be alive—to breathe, to think, to enjoy, to love.”

The second challenge comes in moments when we are blessed. In times like these, we are called all the more to be humble and grateful and to go beyond pride and arrogance. How

can we achieve this?

By being a blessing to others—sharing whatever blessings we have received.

The First Reading from the book of the prophet Zephaniah exhorts us: “Seek the Lord, all you humble of the earth, who have observed his law; seek justice, seek humility.”

Remember and treasure what a blessing it is to be a blessing. Sometimes a random act of kindness toward a friend or a stranger is the easiest way to pick yourself up out of a slump. Through the small act of a home cooked meal shared or a handwritten letter, a simple thumbs-up or words of appreciation, encouragement, or forgiveness, you are empowered to turn someone’s average day into a blessed day.

May the words of the psalmist be our prayer as we continue in our journey back home to the Father, proclaiming God’s love and goodness and sharing it with our neighbors, “I will praise the Lord all my life, sing praise to my God while I live” (Ps 146:1).

## Being Blessed

**Bryan B. Albia**

around us. In times like these, we are to follow Jesus’ action of “going up the mountain,” taking a moment to find something to be thankful for in God’s loving presence through prayer. It can be something small, like the first cool breeze in the morning, or something bigger, like the support of our loved ones. Whether they may be small or big, one thing is sure, that we are in God’s mind

## THE INTRODUCTORY RITES

### Entrance Antiphon

(Ps 106 [105]:47)  
(Recited when there is no opening song)

**Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.**

### 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—**Dear sisters and brothers: Many advertisements proclaim that fulfillment is can only be obtained in the pleasures that money, power, and material possessions bring.

Jesus tells us, however, that true happiness can only come from living the values of God's kingdom that are expressed in the Beatitudes. Happiness belongs to those who rely on the Lord for their strength and protection. It belongs to those who in their lives mirror Jesus who was meek and humble of heart, who gave up everything in obedience to the Father.

### 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)  
Grant us, Lord our God, that we may honor you with all our mind, and love everyone in truth of heart.

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** (Zep. 2:3; 3:12–13)  
(Sit)

*The salvation of Israel is not in the hands of the powerful and the mighty, but in those of the humble and the lowly whom the Lord will build up after the defeat of the nation. The Lord will make of the remnant a people faithful to him.*

**A reading from the Book of the Prophet Zephaniah**

SEEK the Lord, all you humble of the earth, who have observed his law; seek justice, seek

humility; perhaps you may be sheltered on the day of the Lord's anger.

But I will leave as a remnant in your midst a people humble and lowly, who shall take refuge in the name of the Lord: the remnant of Israel. They shall do no wrong and speak no lies; nor shall there be found in their mouths a deceitful tongue; they shall pasture and couch their flocks with none to disturb them.

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

### Responsorial Psalm (Ps 146)

**R—Blessed are the poor in spirit; the kingdom of heaven is theirs!**

E.C. Marfori

Ble - ssed are the poor in  
spi - rit the kingdom of  
hea - ven is theirs.

**1.** The Lord keeps faith forever;/ secures justice for the oppressed;/ gives food to the hungry./ The Lord sets captives free. (R)

**2.** The Lord gives sight to the blind;/ the Lord raises up those who were bowed down./ The Lord loves the just;/ the Lord protects strangers. (R)

**3.** The fatherless and the widow the Lord sustains,./ but the way of the wicked he thwarts./ The Lord shall reign forever;/ your God, O Zion, through all generations. Alleluia. (R)

### Second Reading (1 Cor 1:26–31)

*Paul reminds the Christians in Corinth that the gift of faith comes purely from the graciousness of God, who favors the humble and the weak over those who boast of their status and influence.*

**A reading from the First Letter of Saint Paul to the Corinthians**

CONSIDER your own calling, brothers and sisters. Not many

of you were wise by human standards, not many were powerful, not many were of noble birth. Rather, God chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong, and God chose the lowly and despised of the world, those who count for nothing, to reduce to nothing those who are something, so that no human being might boast before God. It is due to him that you are in Christ Jesus, who became for us wisdom from God, as well as righteousness, sanctification, and redemption, so that, as it is written, "Whoever boasts, should boast in the Lord."

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

**Alleluia** (Mt 5:12a) (*Stand*)

**All—Alleluia, alleluia. Rejoice and be glad; your reward will be great in heaven. Alleluia, alleluia.**

**Gospel** (Mt 5:1–12a)

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

WHEN Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they will see God. Blessed are the peace-makers, for they will be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed

are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven."

—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**—Sisters and brothers, as we rejoice for our great reward in heaven, let us also pray to the Father for the grace to make present his Kingdom, here and

now. With joy in our hearts we say:

**R—Faithful God, bless us, your poor children.**

**C**—Make us, your Church, remain humble as we strive to shun the temptation of clericalism and ideology. Help us stay true only to the gospel of your kingdom. We pray: **(R)**

**C**—Make all those who govern compassionate enough to remember and work for the plight of our poor and oppressed brethren. Guide them by your Truth. We pray: **(R)**

**C**—Stir in us the desire to serve each other in humility especially those of us who are lost, least, and last. We pray: **(R)**

**C**—Welcome our departed loved ones into your eternal embrace. Comfort those of us who were left mourning. We pray: **(R)**

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

**P**—Faithful Father, through, with, and in your Son, we rejoice and are glad for in him, the Kingdom is truly at hand. Make us participate in your work of communion and salvation 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, we bring to your altar these offerings of our service: be pleased to receive them, we pray, and transform them into the Sacrament of our redemption.

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*

## PILGRIMAGE SCHEDULES

**TURKEY TREASURES (Apr 9 - 18, 2023)**

with Fr. Phil Estrella, OMI  
with optional extension to Israel

**FOLLOWING THE GOSPEL TRAIL (Apr 9 - 23, 2023)**

Israel & Turkey with Fr. Dennis Soriano

**JOURNEYS TO THE LAND OF THE BIBLE (Apr 18 - May 1, 2023)**

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

**JOURNEYING TO EUROPE'S MARIAN SHRINES (May 6 - 23, 2023)**

Portugal - Spain - France - Switzerland - Italy  
with Fr. Bong Tupino

**CONTACT US FOR FULL DETAILS AND SCHEDULES.**

Call or Viber us: +(63)919-0736359, +(63)919-0736315,

+(63)999-9935580, +(63) 917-5616440

Landline: +(632) 89290144 & +(632) 89290155

join@journeys.com.ph | www.journeys.com.ph

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

**Communion Antiphon**

*(Cf. Ps 31[30]:17-18)*

**Let your face shine on your servant. Save me in your merciful love. O Lord, let me never be put to shame, for I call on you.**

**Prayer after Communion**

*(Stand)*

**P**—Let us pray. *(Pause)*

Nourished by these redeeming gifts, we pray, O Lord, that through this help to eternal salvation true faith may ever increase.

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)*

Be gracious to your people, O Lord, and do not withhold consolation on earth from those you call to strive for heaven.

Through Christ our Lord.

**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.

## BE A PAULINE PRIEST OR A BROTHER!

If you are a Grade 12 student, a college student, or a young professional, male, single, and interested to become a priest or a brother involved in the apostolate of social communication, we invite you to journey with us.

**Visit our websites:**

ssp.ph or stpauls.ph

Tel: (02) 8895-9701

**DO YOU WANT TO SUBSCRIBE TO SAMBUHAY DIGITAL MISSALETTE?**

For inquiries and orders:

**FACEBOOK:** Sambuhay Missalette

**EMAIL:** Sambuhay@stpauls.ph

**TELEPHONE NO.:** (02) 8895-9701