



Clement
Manor

PASTORAL CARE

SPIRITUAL GROWTH RESOURCE PACKET

4th Sunday in Ordinary Time

Sunday, February 1, 2026

Gospel

Matthew 5:1-12a

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 peacemakers,
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 Call to Beatitude

Fourth Sunday in Ordinary Time (Year A)

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.” Matthew 5:1–3

The Beatitudes call us to the heights of morality and holiness. Those who live according to these divine precepts are blessed beyond measure. The promises to those who live this high calling are great: They become children of God and inherit the Kingdom of Heaven. Furthermore, they receive comfort, satisfaction, mercy, purity, and peace. Though the rewards are great, so are the requirements: spiritual poverty, holy sorrow, meekness, longing for righteousness, a merciful heart, purity, peacemaking, and patient endurance during persecution.

The Beatitudes reveal the culmination of God’s moral teaching and the highest revelation of the Christian life. To fully appreciate their significance, it is helpful to understand the history of moral revelation. Doing so is more than a history lesson on God’s deepening revelation, it also reveals the path for our spiritual journey toward perfection.

Morality begins with the Natural Law—the innate understanding of right and wrong written on the human heart. This Law is from God and is often described as living in accord with right reason or common sense. All people have access to this moral law within their own consciences, enabling them to recognize God as the Creator, honor Him, respect human dignity and the common good, and refrain from acts such as murder, theft, and deception. Though universally present in all people, sin and our fallen human nature cloud our ability to clearly see and follow that law.

In the Old Testament, God slowly revealed Himself and called His people to greater holiness and moral living by adding to the Natural Law through revelation. From Abraham and his descendants, God raised up Moses through whom He revealed the Ten Commandments—a concise moral code rooted in Natural Law but explicitly revealed by God that called His chosen people to right worship, justice, and love for one’s neighbor.

Through the prophets—such as Isaiah, Jeremiah, and Ezekiel—God called Israel to move beyond mere external observance of the law to an interior conversion of heart. Isaiah emphasized the virtues of justice and mercy, Jeremiah

prophesied a new covenant in which God's law would be written on the hearts of His people, and Ezekiel promised that God would give His people a new heart and a new spirit, enabling them to follow His statutes.

The wisdom literature—Psalms, Proverbs, Ecclesiastes, Wisdom, Sirach—deepened the understanding of moral life by revealing moral gifts, such as the Fear of the Lord, the blessedness of righteousness, and the call to trust in God's providence and live a virtuous life.

The Beatitudes elevate all laws of the Old Covenant. Jesus not only calls us to profound holiness, He also provides the means to achieve it through His Sacrifice, transmitted through the grace of the Sacraments. To live the Beatitudes is to live in imitation of Christ, who perfectly embodied all virtues in His life, Passion, and Resurrection. Hence, the Beatitudes are not only a moral code we must follow, they are a participation in and union with the Son of God, Who lived the Beatitudes to perfection.

As we ponder the Beatitudes, reflect today on their high and glorious calling, as well as their rewards. Sometimes, reading the Beatitudes can leave us discouraged, as we are aware of how far we are away from perfecting them. Dispel discouragement and know that these new divine precepts are attainable by grace. Set your eyes on the heights of perfection and open yourself to the abundant grace offered. Doing so will not only result in glorious spiritual rewards in this life, it will also result in the greatest eternal rewards in Heaven.

Lord of perfection, You lived the Beatitudes to the fullest during Your life on earth and continue to manifest those perfections from Heaven. Please open my heart to Your grace and fill me with Your Holy Spirit, so that I may answer the call to the new and glorious moral state to which I am called. Empower me to live fully immersed in and guided by Your Sacrificial Love. Help me to inspire others to embrace this path of holiness, so that we may journey together toward the eternal joy of Your Kingdom. Jesus, I trust in You!



Pope Leo XIV proclaims Franciscan Jubilee Year

Pope Leo XIV has proclaimed a “Special Year of St. Francis” to commemorate the 800th anniversary of the saint’s death. During this time of grace, which will extend until January 2027, the faithful are granted the opportunity to obtain a plenary indulgence.

This Franciscan Jubilee Year, considered a gift for the entire Church and an occasion for authentic spiritual renewal, was inaugurated on Jan. 10 with a decree issued by the Apostolic Penitentiary of the Holy See.

Until Jan. 10 of next year, the faithful can obtain this grace under the usual conditions — sacramental confession, Communion, and prayer for the intentions of the pope — by making a pilgrimage to any Franciscan conventual church or place of worship dedicated to St. Francis anywhere in the world.

Furthermore, the elderly, the sick, and those who, for serious reasons, cannot leave their homes can obtain the plenary indulgence by spiritually joining in the jubilee celebrations and offering their prayers, pains, or sufferings to God.

In a world where “the virtual takes over the real, disagreements and social violence are part of everyday life, and peace becomes more insecure and distant every day, this Year of St. Francis spurs all of us, each according to our possibilities, to imitate the poor man of Assisi, to form ourselves as far as possible on the model of Christ,” the decree states.

For the Order of Friars Minor, this time is also an opportunity for the faithful to become “models of holiness of life and constant witnesses of peace.”

On the occasion of this anniversary, Pope Leo XIV addressed a letter to the ministers general of the Franciscan Family Conference in which he emphasized that “in this era, marked by so many seemingly endless wars, by internal and social divisions that create distrust and fear, he continues to speak. Not because he offers technical solutions, but because his life points to the authentic source of peace.”

In this regard, he highlighted that St. Francis reminds us that “peace with God, peace among people, and peace with creation are inseparable dimensions of a single call to universal reconciliation.”

If you have any personal intentions you would like to add they will be added to our list, contact Tom 546-7980 or tbrefka@clementmanor.org:

Prayer Intentions:

- For those residents who are sick: May they feel the healing presence of God
- For the Church: that we may joyfully live the Beatitudes and witness to Christ's mercy in our world.
- For leaders of nations: that they may foster peace, justice, and dignity for all peoples.
- For the poor, the meek, and the sorrowing: that God may comfort them and lift their burdens.
- For our Clement Manor Community: that we may hunger for righteousness and serve one another with compassion.
- For the sick, the dying, and all who mourn: that they may know Christ's healing and eternal consolation.
- For peace in our world and in our homes: that the Holy Spirit may make us instruments of reconciliation and understanding.



Pray a Word a Day—TRUST

From Connecting with God one word at a time

All I have seen teaches me to trust the creator for all I have not seen.

—Ralph Waldo Emerson

I'm an optimist by nature, but still I struggle with worry and doubts. Will I have enough money to get through life? How will I have enough time for everything I want to complete? Will my children and grandchildren be well taken care of and be able to live independently? If only I could be sure.

Recently, we spent an afternoon, as a family, reviewing photos we'd taken over the past ten years. There on the TV screen were joyous birthday celebrations, day trips, vacations, high school graduations. So many good times, literally more than I could remember. But something was missing—all the times I'd spent worrying! It turns out, worry hadn't benefited my life one bit. I don't know what the future holds for me, but I can trust that God will be there to see me through.

—Evan

Lord, help me to trust not in myself, but in You.

AMEN

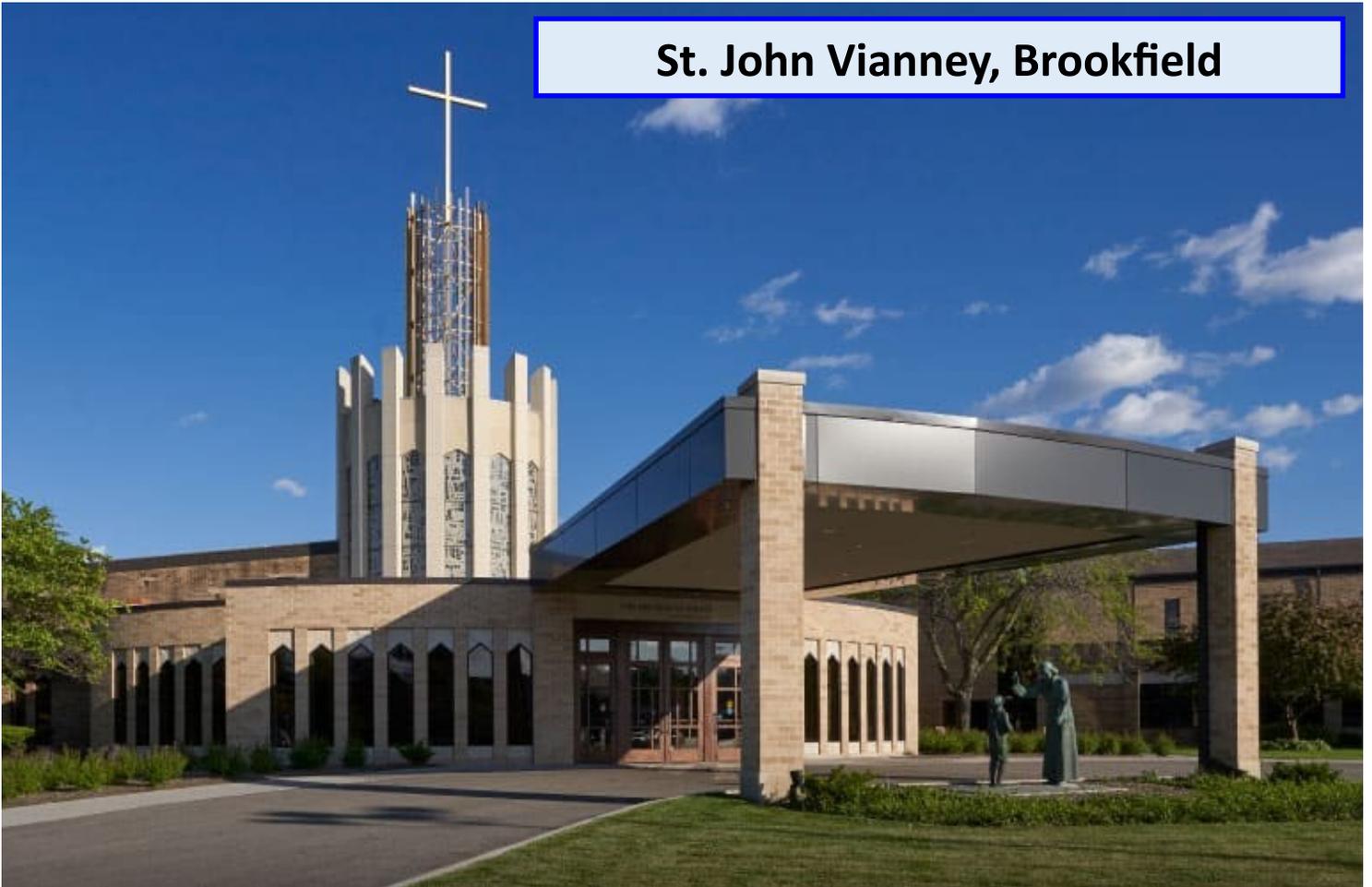


Holy Father's Monthly Intention February 2026

For children with incurable diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

St. John Vianney, Brookfield



Lord Jesus, Divine Healer, we entrust to Your compassionate Heart all children burdened by incurable diseases. Gently sustain them with medical care, comfort, and the tenderness they deserve. Grant their families strength, courage, and unwavering hope amid uncertainty and sorrow. May Your grace animate doctors, nurses, and caregivers with patience and skill. In their suffering, let these little ones encounter the closeness of Your love and the promise that You are near to the brokenhearted. Through the intercession of Mary, Mother of the Sick, may they never feel abandoned, but carried by faith toward peace.

Through Christ our Lord. Amen.

February 2

Presentation of the Lord

Give us a heart as beautiful, pure and spotless as yours.

A heart like yours, so full of love and humility.

May we be able to receive Jesus as the Bread of Life,

to love Him as you loved Him, to serve Him under the mistreated face of the poor.

AMEN



February 3

Saint Blaise, bishop, martyr

God of understanding,

Your Son, Jesus, came to teach us about suffering.

As we honor Saint Blaise, may he intercede for all who suffer from ailments of the throat.

Heal also the spiritual diseases of the throat like unkind speech, lies and curses. Grant this through Jesus, the Christ, now and forever.

AMEN

Saint Blaise, PRAY FOR US.



February 6

Saint Paul Miki and Companions

Dear Lord, source of strength for all your saints, you led Paul Miki and his companions through the suffering of the cross to the joy of eternal life see me through these hard times. In these troubling times, I am filled with unspeakable fears

I reach out my hand to you now, And ask you to walk besides me. I cannot carry all my burdens, But I know you can, and will. Please walk beside me. Please guide me. Please help me hold on strong, Through the trials and storms. Help me hold on to my faith, In even the darkest hour. Stay with me Lord, And show me Your way. In your love and Holy Spirit I abide.

Amen.

Saint Paul Miki, PRAY FOR US

THIS WEEK'S READINGS:

Daily Reading for

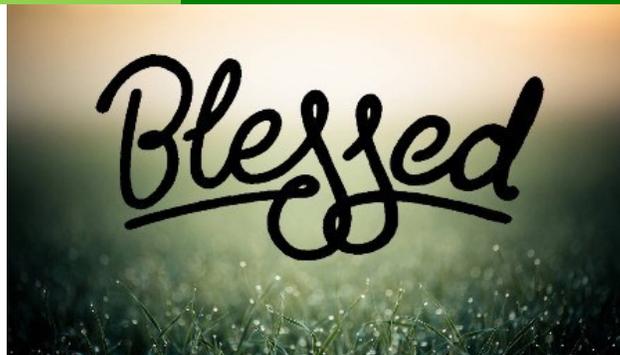
Sunday February 1, 2026

Reading 1, Zephaniah 2:3; 3:12-13

Responsorial Psalm, Psalms 146:6-7, 8-9, 9-10

Gospel, Matthew 5:1-12

Reading 2, Corinthians 1:26-31



Daily Reading for

Monday February 2, 2026

Reading 1, Malachi 3:1-4

Responsorial Psalm, Psalms 24:7, 8, 9, 10

Gospel, Luke 2:22-40

Reading 2, Hebrews 2:14-18

Daily Reading for

Friday February 6, 2026

Reading 1, Sirach 47:2-11

Responsorial Psalm, Psalms 18:31, 47, 50, 51

Gospel, Mark 6:14-29

Daily Reading for

Tuesday February 3, 2026

Reading 1, Samuel 18:9-10, 14, 24-25, 30-19:3

Responsorial Psalm, Psalms 86:1-2, 3-4, 5-6

Gospel, Mark 5:21-43

Daily Reading for

Saturday February 7, 2026

Reading 1, Kings 3:4-13

Responsorial Psalm, Psalms 119:9, 10, 11, 12, 13, 14

Gospel, Mark 6:30-34

Daily Reading for

Wednesday February 4, 2026

Reading 1, Samuel 24:2, 9-17

Responsorial Psalm, Psalms 32:1-2, 5, 6, 7

Gospel, Mark 6:1-6

Daily Reading for

Sunday February 8, 2026

Reading 1, Isaiah 58:7-10

Responsorial Psalm, Psalms 112:4-5, 6-7, 8-9

Gospel, Matthew 5:13-16

Reading 2, Corinthians 2:1-5

Daily Reading for

Thursday February 5, 2026

Reading 1, Kings 2:1-4, 10-12

Responsorial Psalm, Chronicles 29:10, 11, 11-12, 12

Gospel, Mark 6:7-13



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