

## FOR THE WEEKEND OF FEB. 14-15, 2026b

Sixth Sunday of Ordinary Time

### Gospel Reading

Mt 5: 5:20-22a, 27-28, 33-34a, 37

“I tell you, unless your righteousness surpasses that of the scribes and Pharisees, you will not enter into the kingdom of heaven.

“You have heard that it was said to your ancestors, ‘You shall not kill; and whoever kills will be liable to judgment.’

But I say to you, whoever is angry with his brother will be liable to judgment, and whoever says to his brother, ‘Raqa,’ will be answerable to the Sanhedrin, and whoever says, ‘You fool,’ will be liable to fiery Gehenna.

“You have heard that it was said, ‘You shall not commit adultery.’

But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart.

“Again you have heard that it was said to your ancestors, ‘Do not take a false oath, but make good to the Lord all that you vow.’

But I say to you, do not swear at all; not by heaven, for it is God’s throne...

Let your ‘Yes’ mean ‘Yes,’ and your ‘No’ mean ‘No.’ Anything more is from the evil one.

### Intercession

May we respond to Christ’s call to lead lives of virtue, to follow his laws with grateful hearts, seek ways to sustain the faith of others, such as supporting of the Catholic Ministry Appeal.

### Copy for Bulletin Announcement

Sometimes it is difficult to be told what to do. Our independent natures balk, and we question, “Why do I have to do this or don’t do that?” In today’s Gospel, Jesus isn’t just enumerating what we should and shouldn’t do. He is inviting us into a deeper understanding and relationship with him, one that extends beyond external adherence to the rules and legalese.

During Lent, we abstain from meat on Fridays. Why? Because this is what the Church dictates? Is it just another example of the hoops we jump through as Catholics? Not even close. It’s much more beautiful. Foregoing steak on Friday is one *very small* way we can deny ourselves and experience the mortification Christ felt on the cross. It’s an opportunity to more fully understand Jesus’ sacrifice and appreciate his suffering on our behalf. It’s so much *more* than “because the Church says so.”

Lent is approaching. It is a time for prayer, fasting, and almsgiving. Let us prepare for this holy season by spending a few extra minutes a day in prayer, thinking of ways we can deny ourselves to better identify with the suffering Christ, and provide support to the Church's ministries and programs, like making a gift to the Catholic Ministry Appeal.

### **Copy for Pulpit Announcement**

"Let your 'Yes' mean 'Yes,' and your 'No' mean 'No.'" Jesus is calling us to be authentic witnesses to his laws and mission. Or at least try to be. While we are made in the image and likeness of God, we are not perfect. We are human, which is to say we are flawed, and we will fail. Still, we can make being truthful and trustworthy as consistently as we can a priority.

Whatever Jesus is calling us to do, we can respond with an enthusiastic "Yes!" And we can emphatically say "No!" to things that take us away from our calling to love the Lord, our God, with all our hearts, with all our souls, and with all our minds (Matthew 22:37).

What is God calling us to do, to be? How can we live his laws deeply and in a way that bring us closer to him? How can we, in turn, be his modern-day disciples who help spread his Good News and tend to those members of the flock in most need? One way is by prayerfully considering a gift to the Catholic Ministry Appeal, which seeks to make Christ present today.

### **Social Media Post/Content**

Photo: Image of Christ with welcoming, outstretched arms.

Header: "Let your 'Yes' mean 'Yes,' and your 'No' mean 'No.'" – Matthew 5:37

Copy: Be truthful and trustworthy in all you do. We can be authentic witnesses to Christ's teachings and glorify Our Lord by supporting efforts that bring his love and mercy to others, like prayerfully considering a gift to the Catholic Ministry Appeal.