

FR RUDY'S REFLECTION
The Fourth
Sunday in Ordinary Time
SUNDAY, FEBRUARY 1, 2026

The Beatitudes

My Brothers and Sisters in the Risen Lord,

One of the most well-loved, well-known, and beautiful passages in the New Testament is contained in today's Gospel of Matthew, as Jesus begins his public ministry with the Sermon on the Mount, a collection of Jesus's teachings. The Beatitudes, eight statements beginning with the word "blessed," are replete with imagery, poetry, and God's eternal grace. These words affirm the blessings given by God's kingdom and the character of his entire community. They are the complete portrait of our Lord.

It is the Fourth Sunday in Ordinary Time, and today let us reflect on the beauty of the Beatitudes with inspiring words from those who have thought deeply about their meaning and significance to our lives:

Those who follow Jesus must tread the path of the Beatitudes, where poverty of spirit, meekness, mercy, hunger and thirst for justice, and peace-making are often met with opposition and even persecution. Yet God's glory shines forth in his friends and continues to shape them along the way, passing from conversion to conversion.

—Pope Leo XIV

We need to build up society in the light of the Beatitudes, walking towards the Kingdom with the least among us.

—Pope Francis



The "Sermon on the Mount" marks out the map of this journey. The eight Beatitudes are the road signs that show the way. It is an uphill path, but he has walked it before us. He said one day: "He who follows me will not walk in darkness" (Jn 8:12). It is by walking with Christ that we can achieve joy, true joy! Precisely for this reason he again repeats the proclamation of joy to you today: "Blessed are they. . ."—Saint Pope John Paul

Becoming a child is living the Beatitudes and so finding the narrow gate into the Kingdom.

—Henri J.M. Nouwen

The soul's true greatness is in loving God and in humbling oneself in His presence, completely forgetting oneself and believing oneself to be nothing; because the Lord is great, but He is well-pleased only with the humble; He always opposes the proud.—Saint Faustina

Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds?

Lay first the foundation of humility.—Saint Augustine

High above all earthly lower happiness, the blessedness of the eight Beatitudes towers into the heaven itself. They are white with the snows of eternity; they give a space, a meaning, a dignity to all the rest of the earth over which they brood.—Arthur Penrhyn Stanley, author

Eternal Trinity, Godhead, mystery deep as the sea, you could give me no greater gift than the gift of yourself. For you are a fire ever burning and never consumed, which itself consumes all the selfish love that fills my being. Yes, you are a fire that takes away the coldness, illuminates the mind with its light, and causes me to know your truth. And I know that you are beauty and wisdom itself. The food of angels, you gave yourself to man in the fire of your love.—Saint Catherine of Siena

Yours in Christ, **Fr. Rudy**



Fr. Rudy Coaquira-Hijale,
MCCJ, pastor

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 OF GUADALUPE
 FAMILY OF PARISHES**



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ST. BONIFACE CHURCH

ST. JOSEPH CHURCH

**ST. LEO THE GREAT
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**ST. THÉRÈSE LITTLE
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