

ICHTHUS

SUNDAY 21 FEBRUARY 2021

1ST SUNDAY OF LENT

Year B



Can you see any colour changes, or other signs, in church that we are now in Lent?



ENTRANCE ANTIPHON

When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.

We say these words or sing a hymn as the priest approaches the altar.

COLLECT

Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ
and by worthy conduct pursue their effects...

We ask for God's help. Listen now to the priest as he offers this prayer.



FIRST READING GENESIS 9:8-15

Noah and his family have gone through a terrible ordeal. They have experienced a flood which has destroyed everything. Life will never be the same again. Here, God is giving Noah and his family the hope for a new beginning.

God makes a special agreement with Noah and promises to never again cause destruction. The rainbow is the sign of this special loving relationship God has with Noah. Still today, a rainbow is a sign of hope that everyone understands.

LOOK at the reader and LISTEN.

God makes a covenant with Noah and his family.

The cantor or psalmist sings or says the psalm. Listen to the verses, and then respond by using these words.

RESPONSORIAL PSALM PSALM 24

Your ways, Lord, are faithfulness and love for those who keep your covenant.



SECOND READING 1 PETER 3:18-22

Water can destroy, as we heard in our first reading. But water is also necessary for life. All life needs water to survive. Water cleans and makes everything new. When we were baptised we had water poured over

us, as a sign of the new life we have with Jesus. Through the water of baptism we are joined to Jesus, whose death and resurrection have made it possible for us to enjoy life forever. Every day is a new start with Jesus!

LOOK at the reader and LISTEN.

The water of baptism brings us new life in Jesus.

GOSPEL ACCLAMATION

Praise to you, O Christ, king of eternal glory!
Man does not live on bread alone,
but on every word that comes from the mouth of God.
Praise to you, O Christ, king of eternal glory!

We give a shout of praise to God, using these words taken from the Bible.



DO YOU KNOW?

Monday 22 February is the feast of **The Chair of St Peter the Apostle**, which is an interesting name for a feast day! Unsurprisingly, it is not an actual chair that we are thinking about, but **St Peter's role as the first Pope**. Today, Pope Francis passes on to us the teaching given by Jesus to Peter and is Jesus' representative on earth.



THINK

Rainbows hold deep meanings for people all over the world. Although today we understand the science behind the creation of a rainbow, we still find this **natural phenomenon amazing**. Rainbows became an important **sign of hope** and of **gratitude** for the NHS during the lockdown. Rainbows still remind us, thousands of years after Noah, that **God will always be with us**.



GOSPEL MARK 1:12-15

The Good News about Jesus is told to us by St Mark.

Before Jesus begins his mission, he goes into the wilderness to reflect. Time in the wilderness is always going to be challenging. The Jewish people wandered in the wilderness for forty years after their escape from slavery in Egypt. During this time they grew and developed, learning how to follow God more

closely. Jesus' forty days in the wilderness reminds us of this epic journey to the Promised Land. Although Jesus has to face real difficulty, the angels are with him. When he returns to Galilee, Jesus is ready and begins to preach with urgency; turn your lives around and believe the Good News.

STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel. What does the priest or deacon do to the book when he has finished reading the Gospel?



PRAY

Draw a rainbow and write onto it all the things that give you hope. Use each colour to thank God for a different group of people, or for the things that bring you happiness.



PRAYER OF THE FAITHFUL

Dear Lord, I am thinking about anyone who is without food because there is none available. Motivate us to make the changes needed to stop people being hungry. Lord, hear my prayer.

Listen to the reader as he or she encourages us to pray for situations and people in need. Here is a prayer you could say privately.



OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think of a time when you felt challenged this week and then think about something you did with ease.

Say a little prayer offering these thoughts up to God.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.



THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?

We listen to the prayer of praise and thanks to God.



THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

COMMUNION ANTIPHON

The Lord will conceal you with his pinions, and under his wings you will trust.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



MY PRAYER AFTER COMMUNION

Thank you, Jesus, for loving me so much. Help me to remember how much you care for me and to share your love with everyone I meet. Amen.



ΙΧΘΥΣ

is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

- I (Jesus)
- X (Christos)
- Θ (Theou/God's)
- Υ (Uios/Son)
- Σ (Soter/Saviour)



We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.



redemptorist
publications

Ichthus. Edited by Rachel Thompson. Published by Redemptorist Publications Wolf's Lane, Chawton, Hampshire GU34 3HQ. Copyright © Redemptorist Publications. A registered charity limited by guarantee. Registered in England 03261721. www.rpbooks.co.uk. Excerpts from the English translation of The Roman Missal © 2010, International Commission on English in the Liturgy Corporation. Concordat cum originali Ann Blackett. Imprimatur + Peter Doyle, Bishop of Northampton 13 July 2018. Permission granted for distribution in the dioceses of Scotland.

FSC
logo