

ICHTHUS

SUNDAY 7 FEBRUARY 2021

5TH SUNDAY IN ORDINARY TIME

Year B



Have a chat to God about whatever is on your mind at the moment.



ENTRANCE ANTIPHON

O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

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

COLLECT

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection...

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



FIRST READING JOB 7:1-4. 6-7

Job is a good man who tries to live as God asks. Having faith doesn't mean everything is easy, however. Here Job is talking about how hard life is. Even though he has done nothing wrong, Job suffers terribly. Nothing

is right and life itself is a burden. Nights are too long as he lies alone in his grief. Job's story helps us to understand that knowing that God is with us doesn't stop us feeling that life is a struggle sometimes.

LOOK at the reader and LISTEN.

Life can be hard work sometimes, as Job knows only too well.

RESPONSORIAL PSALM PSALM 146

Praise the Lord who heals the broken-hearted.

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



SECOND READING 1 CORINTHIANS 9:16-19. 22-23

Paul is not going on long missionary journeys and suffering all kinds of hardship, including torture and jail, because it seems like a good idea. Paul is spreading the good news of God's love because he has

no choice. He has met God and knows how wonderful God is. Paul has no option now but to act on what he knows is the truth and will do whatever it takes to share God's love with as many people as possible.

LOOK at the reader and LISTEN.

Paul will do whatever it takes to spread the good news about God's love.

GOSPEL ACCLAMATION

Alleluia, alleluia!
I am the light of the world, says the Lord, anyone who follows me will have the light of life.
Alleluia!

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



DO YOU KNOW?

Monday 8 February is the Day for Victims of Trafficking. On St Josephine Bakhita's feast day we pray for, and try to do something practical to help, people who are slaves. St Josephine was taken from her home in Sudan in 1877 and sold as a slave. Unbelievably, there are people today who are suffering in the same way.



THINK

In the Gospel we see how Jesus responds to everyone's requests for help. Rather than resting, the first thing he does after being in the synagogue is to heal Simon Peter's mother-in-law. Other people come for healing and eventually it is all too much, even for Jesus. He chooses to get up very early and pray in a lonely place. Prayer is necessary if we're going to help anyone.



GOSPEL MARK 1:29-39

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

Having impressed everyone in the synagogue, Jesus goes to his friend Simon Peter's house. Simon's mother-in-law has gone to bed feeling ill. Jesus immediately goes to her, takes her hand and helps her up. The fever leaves Simon's mother-in-law, and straightaway she starts to look after Jesus and his friends. News about Jesus has spread quickly, and people from the countryside around all crowd around the house, bringing their family and friends to be healed by Jesus. Very early the next morning, long before dawn, Jesus goes off to a lonely place to pray before continuing his preaching and healing.

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

"Praise the Lord who heals the broken-hearted".

Pray using this phrase from today's psalm. Tell God about any sadness you feel. Tell God about any of your family or friends who are sad. Trust God to be there, bringing comfort and healing.



PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray especially for anyone who is finding life a struggle at the moment. Help them to feel hope and to know that you are with them. 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 really fed up this week and then think of a time when you were full of joy and happiness.

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.

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

COMMUNION ANTIPHON

Blessed are those who mourn, for they shall be consoled. Blessed are those who hunger and thirst for righteousness, for they shall have their fill.



MY PRAYER AFTER COMMUNION

Thank you, Jesus, for always listening to us and being there to help whenever we need you. Thank you for knowing what we need. 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)

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



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

Go in peace.

