

# ICHTHUS

SUNDAY 21 MARCH 2021

5TH SUNDAY OF LENT

Year B



Thank you, Jesus, for being with me and helping me this week.



## ENTRANCE ANTIPHON

Give me justice, O God, and plead my cause against a nation that is faithless.

From the deceitful and cunning rescue me, for you, O God, are my strength.

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

## COLLECT

By your help, we beseech you, Lord our God, may we walk eagerly in that same charity with which, out of love for the world, your Son handed himself over to death...

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



## FIRST READING JEREMIAH 31:31-34

In the past there have been agreements, covenants between God and the people. Now God is taking this loving, covenant relationship to another level. A covenant usually has duties on both sides, but God says that

this is a new covenant. Even though the people will break their side of the agreement and not stick to their promises, God will still love them and be with them. God doesn't just forgive our sins, God will not even think about them.

LOOK at the reader and LISTEN.

God loves us and forgives us no matter what.

## RESPONSORIAL PSALM PSALM 50

A pure heart create for me, O God.

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



## SECOND READING HEBREWS 5:7-9

Even though he was the Son of God, Jesus was a human being too. Just like us, Jesus found life hard at times. Jesus knew that prayer, spending time with God the Father, would help him. Jesus talked to

God and he listened. He prayed out loud, in silence and he cried to God when he was sad. Jesus became perfect and we can grow to be even better people by living as Jesus did. Prayer will help us too.

LOOK at the reader and LISTEN.

Even Jesus was able to learn through his suffering.

## GOSPEL ACCLAMATION

Glory to you, O Christ, you are the Word of God!  
If a man serves me, says the Lord, he must follow me;  
wherever I am, my servant will be there too.  
Glory to you, O Christ, you are the Word of God!

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



## DO YOU KNOW?

Thursday 25 March is the feast of **The Annunciation of the Lord** which celebrates the Angel Gabriel's announcement that Mary was going to have the baby Jesus. How amazing that God chose to become a human being, just like us! How will we "announce" Jesus today? How will we **bring God's love into the world** by what we do?



## THINK

How are your **Lenten** promises going? Even if you have given up, it's not too late to **give them another go!** Perhaps you could choose to spend some extra time every day this week just talking and listening to God in prayer.



## GOSPEL JOHN 12:20-33

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

When a grain of wheat falls onto the ground and dies that is not the end of the story. The grain goes into the earth and grows, producing even more food for the harvest. Jesus uses this hopeful image to talk about his death. He is not looking forward to dying, but Jesus knows it

is what his life has been about. Just as the wheat grain produces a rich harvest, Jesus' death will give life to the whole world. Although it's not always easy, following Jesus' example by sharing love and putting others before ourselves will bring us real, lasting joy.

### 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

"I will be their God and they will be my people."

Be still with God. Let your muscles relax and your breathing slow down. Let God's love fill your heart.



## PRAYER OF THE FAITHFUL

Dear Lord, I am thinking about people who feel frightened and sad because they have done something wrong. Help them to know that you love and forgive them. Lord, hear my prayer.

Listen to the reader as he or she encourages us to pray for situations and people in need. This 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 this week when you were fed up and just couldn't be bothered and then think about a time when you really enjoyed what you were doing.

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

Amen, Amen I say to you: Unless a grain of wheat falls to the ground and dies, it remains a single grain. But if it dies, it bears much fruit.

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 showing me what real love means by dying on the cross. Help me not to be afraid to do what's right, even when it's hard. Amen.



# IXΘΥΣ

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)

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

Go in peace.

