

# 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.

### 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.

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



DO

Say a special prayer on Thursday, World Day for the Sick - and make a card for anyone you know who is ill.



## 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)



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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.

