

ENTRANCE ANTIPHON

**Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.**

COLLECT

Grant us, Lord our God,
that we may honour you with all our mind,
and love everyone in truth of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of
the Holy Spirit, one God, for ever and ever.

FIRST READING 18:15-20

A reading from the book of Deuteronomy
Moses said to the people: 'Your God will
raise up for you a prophet like myself, from
among yourselves, from your own brothers;
to him you must listen. This is what you
yourselves asked of the Lord your God at
Horeb on the day of the Assembly. "Do not
let me hear again" you said "the voice of the
Lord my God, nor look any longer on this
great fire, or I shall die"; and the Lord said
to me, "All they have spoken is well said. I
will raise up a prophet like yourself for them
from their own brothers; I will put my words
into his mouth and he shall tell them all I
command him. The man who does not listen
to my words that he speaks in my name,
shall be held answerable to me for it. But the
prophet who presumes to say in my name a
thing I have not commanded him to say, or
who speaks in the name of other gods, that
prophet shall die."

The word of the Lord.

RESPONSORIAL PSALM Ps 94

Response:
**O that today you would listen to his voice!
Harden not your hearts.**

1. Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord. (R.)
2. Come in; let us kneel and bend low;
let us kneel before the God who made us
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand. (R.)
3. O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my
work.' (R.)

SECOND READING 7:32-35

*A reading from the first letter of St Paul to
the Corinthians*
I would like to see you free from all worry.
An unmarried man can devote himself to the

Lord's affairs, all he need worry about is
pleasing the Lord; but a married man has to
bother about the world's affairs and devote
himself to pleasing his wife: he is torn two
ways. In the same way an unmarried
woman, like a young girl, can devote herself
to the Lord's affairs; all she need worry
about is being holy in body and spirit. The
married woman, on the other hand, has to
worry about the world's affairs and devote
herself to pleasing her husband. I say this
only to help you, not to put a halter round
your necks, but simply to make sure that
everything is as it should be, and that you
give your undivided attention to the Lord.

The word of the Lord.

GOSPEL ACCLAMATION

**Alleluia, alleluia!
Blessed are you, Father,
Lord of heaven and earth,
for revealing the mysteries of the
kingdom to mere children.
Alleluia.**

GOSPEL 1:21-28

*A reading from the holy Gospel according
to Mark.*

Jesus and his followers went as far as
Capernaum, and as soon as the sabbath
came he went to the synagogue and began to
teach. And his teaching made a deep
impression on them because, unlike the
scribes, he taught them with authority.
In their synagogue just then there was a man
possessed by an unclean spirit and it
shouted, 'What do you want with us, Jesus
of Nazareth? Have you come to destroy us?
I know who you are: the Holy One of God.'
But Jesus said sharply, 'Be quiet! Come out
of him!' And the unclean spirit threw the
man into convulsions and with a loud cry
went out of him. The people were so
astonished that they started asking each
other what it all meant. 'Here is a teaching
that is new' they said 'and with authority
behind it: he gives orders even to unclean
spirits and they obey him.' And his
reputation rapidly spread everywhere,
through all the surrounding Galilean
countryside.

The Gospel of the Lord.

PRAYER OVER THE OFFERINGS

O Lord, we bring to you altar
these offering of our service:
be please to receive them, we pray,
and transform them
into the Sacrament of our redemption.
Through Christ our Lord.

COMMUNION ANTIPHON

**Let your face shine on your servant,
Save me in your merciful love.
O Lord, let me never be put to shame,
for I call on you.**

PRAYER AFTER COMMUNION

Nourished by these redeeming gifts,
we pray, O Lord,
that through this help to eternal salvation
true faith may ever increase.
Through Christ our Lord.

GOSPEL REFLECTION



Why do you believe in God? Why do you
believe in Jesus?

Who is Jesus? What is your relationship
with him?

*Why do you think God came to earth as a
human being like us? Why did Jesus die for
us?*

Would Jesus' teachings have survived
through the ages without the apostles as
witnesses?

Why does it seem that Jesus made less of his
miracles than those who witnessed them or
were affected by them? Would people have
come to listen to Jesus without the miracles?

Not a great deal is known about Jesus' life
in the years before his public ministry. Is
this troubling to you? Why might the
information about Jesus' early life be
important to some people?

Of all the things Jesus said and taught, what
has made the most impression on you?
Why?

GOSPEL ACTION

*Share with another person how much of a
difference Jesus' love has made in your life.
Listen to the other person's story as well.
Reflect on how you can better share Jesus'
love and life in your family.*

Readings – 5th Sunday Year B

First Reading: Job 7:1-4,6-7
Second Reading: 1Corin. 9:16-19,22-23
Gospel: Mark 1:29-39

Homily

31st January 2021 – 4th Sunday of Ordinary Time, Year B

'He taught them with authority'

In the First Reading we hear Moses telling how God promises to raise up a new prophet from among the people, one who will speak the words and commands of God with authority. However, they must listen to him and do what he says and teaches. We know that person Moses spoke of was Jesus.

After reflecting on the call of the disciples for the last couple of weeks, in the Gospel today we see how the public ministry of Jesus begins with a demonstration of genuine authority and power in both word and deed. We hear how Jesus' teaching made a deep impression on the people because unlike the scribes (the official teachers), he spoke and taught them with authority.

Why did Jesus make such an impact on his listeners? Because Jesus spoke from the heart, from within and in a way that was very different to others before him. He spoke with confidence and in such a way that people had to believe him, he was that convincing.

As soon as Jesus began to teach, the people realised that there was something different about what he had to say. There was a newness, a freshness about his teaching; he wasn't just repeating a message people had heard many times before, he was delivering something that was new and fresh.

Mark tells us that Jesus taught with authority and this was what most impressed his listeners, the authority and the way in which he taught them. Jesus had freedom to tell it how it was and he spoke with his own voice and from the heart. He spoke with honesty and integrity and his words were backed up by his actions and the way that he lived his life.

Jesus possessed an authority unequalled by anyone else, he spoke and acted with the authority of God. Jesus was a man of genuine authority which came from his identity as the Spirit filled Son of God.

Through our baptism we are children of God and share in Christ's mission and the Holy Spirit empowers us for the authority of service. I wonder whether I always speak and act with the authority of a disciple and follower of Jesus? How convincing am I in what I say and do?

Homily

31st January 2021 – 4th Sunday of Ordinary Time, Year B

Jesus' authority inspires rather than enforces. Jesus sees his call to 'lead' as a responsibility to serve others by revealing the God who calls us to compassion and mercy for the sake of the Kingdom. To possess that same authority, the authority of the Gospel we are called to be people of compassion, love and selflessness to all but particularly those who are most vulnerable and in need.

Let's reflect on our lives this weekend and the sort of authority that we hold and have in our lives. We pray that like Jesus we can teach others about God and God's love with genuine authority through the lives that we lead.

It's been another difficult week as we have seen the total number of people who have died from Covid-19 go over 100 000, let's remember to pray for all those who have died and their loved ones who mourn and grieve for them.

This lockdown since the beginning of the year has been the hardest one of the lot I think. I have said in my message in the newsletter that I know there is a lot of help and support already taking place in the parish, however if you or anybody that you know needs help or support with anything please let me know and I will try and arrange it through the parish.

Sending my love, prayers and best wishes to you all.

Take care, stay safe, keep the faith and God bless, **Fr Phil x.**

Bidding Prayers and Spiritual Communion

31st January 2021 – 4th Sunday of Ordinary Time, Year B

We place all our prayers before God our loving Father:

For the Church and for Christians everywhere: may they teach others about the love and mercy of God with genuine authority through the lives that they lead. Lord, in your mercy, hear our prayer.

For those who are finding life difficult during this time of lockdown: may we support and help them through our love and friendship. Lord, in your mercy, hear our prayer.

For all essential workers particularly the doctors and nurses in our hospitals that are under such pressure: may they be granted the health and strength that they need as they continue to care for and support their sisters and brothers. Lord, in your mercy, hear our prayer.

For those who are sick, especially those suffering from coronavirus; may they know the grace and healing of Jesus the Lord of love and life. Lord in your mercy, hear our prayer.

For those who are hungry and the poor in our world; may we be generous in sharing what we have with those who are less fortunate. Lord, in your mercy, hear our prayer.

For peace in our world and an end to injustice, war, violence and hatred everywhere. Lord, in your mercy, hear our prayer.

For all the faithful departed especially **Christine McGowan, Christine Warriner, Mike Connor, Kev Bowe**, those who have died from Covid-19 and all those who have died recently: **“Eternal rest grant unto them...”**

For those who mourn the loss of loved ones; may Christ’s message of hope in eternal life bring them comfort and consolation. Lord, in your mercy, hear our prayer.

We ask Our Lady and all the Saints to join their prayers with ours as we say: **“Hail Mary...”**

God our loving Father,
we offer these and all our prayers
through Jesus Christ our Lord,
Amen.

Bidding Prayers and Spiritual Communion

31st January 2021 – 4th Sunday of Ordinary Time, Year B

Spiritual Communion

Prayer of St Alphonsus

My Jesus,

I believe that you are present in this Holy Sacrament of the altar.

I love you above all things and

I passionately desire to receive you into my soul.

Since I cannot now receive you sacramentally,

come spiritually into my soul

so that I may unite myself wholly to you now and forever.

Amen.