

AFRICA

Living with Christ

GROWING UP DAILY WITH THE GOOD NEWS

Weekly LWCA

Octave of Christmas

bayard africain



AFRICA ● 25-31 December 2022 ● Digital n°13

Contents

Living with Christ December 2022

I Editorial

Praying with the Church

2 Pope's Prayer Intention

3-5 Focus on the Sacraments

The Anointing of the Sick

Daily Readings and commentaries

6-27 December 25

Nativity of the Lord

28-58 December 26-31

Octave of Christmas

Liturgical texts:

Texts contained in this work derived whole or in part from Daily Missal copyrighted by St Paul Communication/ Daughters of St Paul.

On our cover: African newborn baby

© unsplash

Editorial

December 2022



Rev. Fr. Emmanuel Salifu, Tema-Ghana

...He Dwelt among Men

“I say this because many deceivers, who do not acknowledge Jesus Christ as coming in the flesh, have gone out into the world..” (2 John 1:7). Why do we celebrate Christmas?

First, we celebrate “God among us”. God has always been with his people in the Old Testament, the presence of God was seen in signs and symbols: The ark of the covenant and the Shekinah (clouds). But in all these experiences, non is as real as the Son of God becoming man. With this extraordinary intervention, God reveals himself as sharing in all we go through (Hebrew 4:15)

Second, celebrating God made flesh only goes to buttress the insistence of St. James that we cannot develop a sound spirituality that does not touch on reality and impact physically the lives of men (James 2:16-18).

Finally, we celebrate our God who enters our history and story. God is not afraid to dirty himself because of us. God is not only outside of time, but he is in our time and that is why we give him this time called Christmas.



The Pope's Prayer Intention

For volunteer not-for-profit organizations: We pray that volunteer non-profit organizations committed to human development find people dedicated to the common good and ceaselessly seek out new paths to international cooperation.

Other papal intentions and videos can be found on: <http://apostleshipofprayer.org/>

The Anointing of the Sick

When we read the Holy Scriptures, we notice that Jesus Christ had a special concern for the sick during his life on earth. He himself says that He came for the sick, not for the healthy. The main biblical foundation of the anointing of the sick is the letter of Saint James 4, 14-15 which reads: *« Is anyone among you sick? Let them call the elders of the Church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven »*. Sickness can weaken both the body and the spirit. That is why the anointing of the sick is meant to give spiritual and physical strength to the person who receives it.

Furthermore, Jesus instructed the Apostles to share in his mission: *«Jesus summoned the Twelve and began to send them out two by two, giving them authority over unclean spirits. With that they went off, preaching the need of repentance. They expelled many demons, anointed the sick with oil, and worked many cures»* (Mark 6:7,12). The

anointing of the sick is the continuation of what Jesus used to do when he was on earth.

Before Vatican II, this sacrament used to be referred to as the “Extreme Unction” as it was reserved to the dying. The Vatican II Council preferred the word Anointing of the sick to Extreme Unction. Nowadays, it is not only the dying people who receive this sacrament, but the elderly and the very sick people can receive it too. Therefore, the anointing of the sick can be received many times. Given that no sacrament is imposed, the anointing of the sick is administered to a reasonable baptized person who expresses the will of receiving it. This sacrament can be received any time and in any place.

The sick person is anointed on the forehead and on the hands. It is always important to take into account the context and to be aware of the bishop’s guidelines on the sacraments. In case the sick person has no hands, the minister will anoint another part of the human body. The minister of the anointing of the sick is the priest. A deacon cannot administer this sacrament.

The matter is the oil of the sick and the form is the following words that the minister pronounces when he administers the sacrament: *«Through this holy anointing, may the Lord in His love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up»*. The oil with which the anointing is to be done is blessed by the bishop at the Chrism Mass with the proper blessing. But in case of necessity, the priest may bless with ordinary oil during the celebration of the sacrament.

In some African cultures, the oil is used for various purposes. It is beyond doubt that the king is anointed. As far as healing is concerned, the oil is still used to heal wounds, animal bites and certain skin diseases. Therefore, Christians from Africa understand better that the anointing of the sick is a sacrament of healing.

***Rev. Fr. Jérôme K. M. Kombi,
Kinshasa, Congo.***



Sunday December 25

The Nativity of the Lord

Mass at Night: Isaiah 9:1-6/Psalm (95) 96/Titus 2:11-14/Luke 2:1-14

Mass at Dawn: Isaiah 62:11-12/Psalm (96) 97/Titus 3:4-7/Luke 2:15-20

*Mass during the day: Isaiah 52:7-10/Psalm (97) 98/Hebrews 1:1-6/
John 1:1-18*



“But to all who believed in him and accepted him, he gave the right to become children of God.” John 1:12



Christmas Day: Celebrating joyfully the “Emmanuel”!

Today is Christmas, the day we have long waited and prepared for. The Word of God is no longer just the message spoken by prophets. It is now, a human person. The Word has become flesh through the Blessed Virgin Mary. How wonderful to know that “God-is-with-Us! The central message of today’s celebration is the incarnation and the fullness of God’s divine revelation in Christ.

Our first reading from the book of Isaiah finds accomplishment in the birth of Jesus Christ. “How beautiful on the mountains are the feet of the one who brings Good News”. The Good News Himself is among us. It is the Good News of love, peace, charity, happiness and above all, it is Good News of life and salvation. Therefore, we, who have waited faithfully, patiently, and vigilantly during the Advent season, must raise our voices and shout for joy, because the Lord our God is now with us.

In our second reading, the Letter to the Hebrews captures, and presents in a spectacular manner what God did for us today: “God Spoke to our ancestors through the prophets;



Sunday December 25

but in our own time...he has spoken to us by a Son, whom he appointed the heir of all things, through whom he created the ages...He is the radiant light of God's glory and the perfect copy of his nature..."

The Letter to the Hebrews means that God has fulfilled the promise he made through the prophets in the past by revealing the hidden mystery of our salvation in Jesus Christ.

The Gospel of John also gives us a synopsis of what happened today: The divine incarnation of God: "The Word was made flesh, He lived among us, and we saw His glory." The Word which was with the Father as Spirit is now with us both as flesh as well as spirit. Hence, while not losing His divinity, God through Christ his Son, has condescended to become like us. What a great love that God has shown to us his people!

Therefore, today we celebrate Humility. We have to learn to be humble from Christ who in spite of being God, took our nature. Finally, today is a day of joy. Dear Reader of *Living with Christ*, I wish you a wonderful and joyful Christmas celebration. Let us all acclaim the Holy Child who has been born, the Emmanuel, God-with-us.

Merry Christmas!

Rev. Fr. François NZANZU, Nairobi-Kenya



Mass at Night

Entrance Antiphon (*Psalm 2:7*)

The Lord said to me: You are my Son. It is I who have begotten you this day.

Or:

Let us all rejoice in the Lord, for our Saviour has been born in the world. Today true peace has come down to us from heaven.

The Gloria is said.

Collect

O God, who have made this most sacred night radiant with the splendour of the true light, grant, we pray, that we who have known the mysteries of his light on earth, may also delight in his gladness in heaven. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**



Sunday December 25

First Reading (Isaiah 9:1-6)

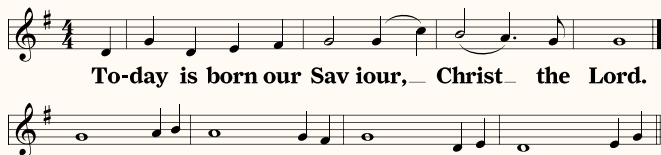
A reading from the Book of Isaiah

The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shined. You have multiplied the nation, you have increased its joy; they rejoice before you as with joy at the harvest, as men rejoice when they divide the spoil. For the yoke of his burden, and the staff for his shoulder, the rod of his oppressor, you have broken as on the day of Midian. For every boot of the tramping warrior in battle tumult and every garment rolled in blood will be burned as fuel for the fire. For to us, a child is born, to us a son is given; and the government will be upon his shoulder, and his name will be called “Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.” Of the increase of his government and of peace there will be no end, upon the throne of David, and over his kingdom, to establish it, and to uphold it with justice and with righteousness from this time forth and for evermore. The zeal of the Lord of hosts will do this.

The word of the Lord. **Thanks be to God.**



Responsorial Psalm (Psalm (95) 96:1-2. 2-3. 11-12. 12-13)



R. To us is born this day a Saviour, who is Christ the Lord.

O sing a new song to the Lord;
sing to the Lord, all the earth.
O sing to the Lord; bless his name. R.

Proclaim his salvation day by day.
Tell among the nations his glory,
and his wonders among all the peoples. R.
Let the heavens rejoice and earth be glad;
let the sea and all within it thunder praise.
Let the land and all it bears rejoice. R.

Then will all the trees of the wood shout for joy
at the presence of the Lord, for he comes,
he comes to judge the earth.
He will judge the world with justice;
he will govern the peoples with his truth. R.



Sunday December 25

Second Reading (Titus 2:11-14)

A reading from the Letter of Saint Paul to Titus

Beloved: The grace of God has appeared for the salvation of all men, training us to renounce irreligion and worldly passions, and to live sober, upright, and godly lives in this world, awaiting our blessed hope, the appearing of the glory of our great God and Saviour Jesus Christ, who gave himself for us to redeem us from all iniquity and to purify for himself a people of his own who are zealous for good deeds.

The word of the Lord. **Thanks be to God.**

Acclamation (Luke 2:10-11)

Alleluia. Alleluia. I bring you good news of great joy: to us is born this day a Saviour, Christ the Lord. **Alleluia.**

Gospel (Luke 2:1-14)

A reading from the holy Gospel according to Luke

In those days a decree went out from Caesar Augustus that all the world should be enrolled. This was the first enrolment, when Quirinius was governor of Syria. And all went to be enrolled, each to his own city. And Joseph also



went up from Galilee, from the city of Nazareth, to Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, to be enrolled with Mary his betrothed, who was with child. And while they were there, the time came for her to be delivered. And she gave birth to her first-born son and wrapped him in swaddling cloths, and laid him in a manger, because there was no place for them in the inn. And in that region there were shepherds out in the field, keeping watch over their flock by night. And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with fear. And the angel said to them, “Be not afraid; for behold, I bring you good news of a great joy which will come to all the people; for to you is born this day in the city of David a Saviour, who is Christ the Lord. And this will be a sign for you: you will find a baby wrapped in swaddling cloths and lying in a manger.” And suddenly there was with the angel a multitude of the heavenly host praising God and saying, “Glory to God in the highest, and on earth peace among men with whom he is pleased!”

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**



Sunday December 25

Prayer of the Faithful

The following intentions are suggestions only.

R. Lord, hear our prayer !

For our Church in its mission to further the reign of God in the world, we pray to the Lord: R.

For children, parents and families all over the world, we pray to the Lord: R.

For strength and comfort for all who are suffering physically, spiritually or emotionally, we pray to the Lord: R.

For our parishes and communities, challenged to see the face of Christ in everyone, we pray to the Lord: R.

Prayer over the Offerings

May the oblation of this day's feast be pleasing to you, o Lord, we pray, that through this most holy exchange we may be found in the likeness of Christ, in whom our nature is united to you. Who lives and reigns for ever and ever. **Amen.**



Communion Antiphon (*Jn 1:14*)

The Word became flesh, and we have seen his glory.

Prayer after Communion

Grant us, we pray, o Lord our God, that we who are gladdened by participation in the feast of our Redeemer's Nativity, may through an honourable way of life become worthy of union with him. Who lives and reigns for ever and ever. **Amen.**



Sunday December 25

At the Mass at Dawn

Entrance Antiphon (*Cf. Isaiah 9:1.5; Luke 1:33*)

Today a light will shine upon us, for the Lord is born for us; and he will be called Wondrous God, Prince of peace, Father of future ages: and his reign will be without end.

The Gloria is said.

Collect

Grant, we pray, almighty God, that, as we are bathed in the new radiance of your incarnate Word, the light of faith, which illumines our minds, may also shine through in our deeds. 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. **Amen.**

First Reading (*Isaiah 62:11-12*)

A reading from the Book of Isaiah

Behold, the Lord has proclaimed to the end of the earth: Say to the daughter of Zion, “Behold, your salvation comes; behold, his reward is with him, and his recompense



before him.” And they shall be called The holy people, The redeemed of the Lord; and you shall be called Sought out, a city not forsaken.

The word of the Lord. **Thanks be to God.**

Responsorial Psalm (Psalm (96) 97:1 and 6.11-12)

A light will shine on us this day:
The Lord is born for us.

R. A light will shine on us this day: the Lord is born for us.

The Lord is king, let earth rejoice;
let the many islands be glad.
The skies proclaim his justice;
all peoples see his glory. R.



Sunday December 25

Light shines forth for the just one,
and joy for the upright of heart.
Rejoice in the Lord, you just;
to the memory of his holiness give thanks. R.

Second Reading (Titus 3:4-7) _____

A reading from the Letter of Saint Paul to Titus

Beloved: When the goodness and loving kindness of God our Saviour appeared, he saved us, not because of deeds done by us in righteousness, but in virtue of his own mercy, by the washing of regeneration and renewal in the Holy Spirit, which he poured out upon us richly through Jesus Christ our Saviour, so that we might be justified by his grace and become heirs in hope of eternal life.

The word of the Lord. **Thanks be to God.**

Acclamation (Luke 2:14)

Alleluia. Alleluia. Glory to God in the highest, and on earth peace among men with whom he is pleased. **Alleluia.**



Gospel (Luke 2:15-20)

A reading from the holy Gospel according to Luke

When the angels went away from them into heaven, the shepherds said to one another, “Let us go over to Bethlehem and see this thing that has happened, which the Lord has made known to us.” And they went with haste, and found Mary and Joseph, and the baby lying in a manger. And when they saw it they made known the saying which had been told them concerning this child; and all who heard it wondered at what the shepherds told them. But Mary kept all these things, pondering them in her heart. And the shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them.

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

The Creed is said. All kneel at the words and by the Holy Spirit was incarnate.

Prayer over the Offerings

May our offerings be worthy, we pray, O Lord, of the mysteries of the Nativity this day, that, just as Christ was born a man and also shone forth as God, so these earthly gifts may confer on us what is divine. Through Christ our Lord. **Amen.**



Sunday December 25

Communion Antiphon *(Cf. Zechariah 9:9)*

Rejoice, O Daughter Zion; lift up praise, Daughter Jerusalem: Behold, your King will come, the Holy One and Saviour of the world.

Prayer after Communion

Grant us, Lord, as we honour with joyful devotion the Nativity of your Son, that we may come to know with fullness of faith the hidden depths of this mystery and to love them ever more and more. Through Christ our Lord.
Amen.



Mass during the day

Entrance Antiphon (*Cf Isaiah 9:5*)

A child is born for us, and a son is given to us; his sceptre of power rests upon his shoulder, and his name will be called Messenger of great counsel.

Gloria in excelsis (*Glory to God in the highest*) **is said.**

Collect

O God, who wonderfully created the dignity of human nature and still more wonderfully restored it, grant, we pray, that we may share in the divinity of Christ, who humbled himself to share in our humanity. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

First Reading (*Isaiah 52:7-10*)

A reading from the Book of Isaiah

How beautiful upon the mountains are the feet of him who brings good tidings, who publishes peace, who brings good tidings of good, who publishes salvation, who says to



Sunday December 25

Zion, “Your God reigns.” Listen, your watchmen lift up their voice, together they sing for joy; for eye to eye they see the return of the Lord to Zion. Break forth together into singing, you waste places of Jerusalem; for the Lord has comforted his people, he has redeemed Jerusalem. The Lord has bared his holy arm before the eyes of all the nations; and all the ends of the earth shall see the salvation of our God.

The word of the Lord. **Thanks be to God.**

Responsorial Psalm (Psalm (97) 98:1. 2-3. 3-4. 5-6)—

All the ends of the earth have seen the
vic - tory of our God.

R. All the ends of the earth have seen the salvation of our God.

O sing a new song to the Lord,
for he has worked wonders.



His right hand and his holy arm
have brought salvation. R.

The Lord has made known his salvation,
has shown his deliverance to the nations.
He has remembered his merciful love
and his truth for the house of Israel. R.

All the ends of the earth have seen
the salvation of our God.
Shout to the Lord, all the earth;
break forth into joyous song,
and sing out your praise. R.

Sing psalms to the Lord with the harp,
with the harp and the sound of song.
With trumpets and the sound of the horn,
raise a shout before the King, the Lord. R.



Sunday December 25

Second Reading (Hebrews 1:1-6)

A reading from the Letter to the Hebrews

In many and various ways God spoke of old to our fathers by the prophets; but in these last days he has spoken to us by a Son, whom he appointed the heir of all things, through whom also he created the ages. He reflects the glory of God and bears the very stamp of his nature, upholding the universe by his word of power. When he had made purification for sins, he sat down at the right hand of the Majesty on high, having become as much superior to angels as the name he has obtained is more excellent than theirs. For to what angel did God ever say, “You are my Son, today I have begotten you”? Or again, “I will be to him a father, and he shall be to me a son”? And again, when he brings the first-born into the world, he says, “Let all God’s angels worship him.”

The word of the Lord. **Thanks be to God.**

Acclamation

Alleluia. Alleluia. A hallowed day has shone upon us: come, o nations, and adore the Lord; for today a great light has come down to earth. **Alleluia.**



Gospel (John 1:1-18)

The beginning of the holy Gospel according to John

* In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it. *

There was a man sent from God, whose name was John. He came for testimony, to bear witness to the light, that all might believe through him. He was not the light, but came to bear witness to the light.

* The true light that enlightens every man was coming into the world. He was in the world, and the world was made through him, yet the world knew him not. He came to his own home, and his own people received him not. But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the will of the flesh nor of the will of man, but of God. And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only-begotten Son from the Father. *

(John bore witness to him, and cried, "This was he of whom I said, 'He who comes after me ranks before me,



Sunday December 25

for he was before me.”) And from his fullness have we all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God; the only-begotten Son, who is in the bosom of the Father, he has made him known.

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

OR SHORTER: (John 1:1-5, 9-14) —————

The beginning of the holy Gospel according to John

In the beginning, was the Word, and the Word was with God, and the Word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it. The true light that enlightens every man was coming into the world. He was in the world, and the world was made through him, yet the world knew him not. He came to his own home, and his own people received him not. But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the will of the flesh nor of the will of man, but of God. And the Word became flesh and dwelt among



us, full of grace and truth; we have beheld his glory, glory as of the only-begotten Son from the Father.

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

Make acceptable, O Lord, our oblation on this solemn day, when you manifested the reconciliation that makes us wholly pleasing in your sight and inaugurated for us the fullness of divine worship. Through Christ our Lord.

Amen.

Communion Antiphon (*Cf Psalm (97) 98:3*)

All the ends of the earth have seen the salvation of our God.

Prayer after Communion

Grant, O merciful God, that, just as the Saviour of the world, born this day, is the author of divine generation for us, so may he be the giver even of immortality. Who lives and reigns for ever and ever. **Amen.**



Monday December 26

Feast

Saint Stephen, the First Martyr

Entrance Antiphon

The gates of heaven were opened for blessed Stephen, who was found to be first among the number of the Martyrs and therefore is crowned triumphant in heaven.

The Gloria is said.

Collect

Grant, Lord, we pray, that we may imitate what we worship, and so learn to love even our enemies, for we celebrate the heavenly birthday of a man who

knew how to pray even for his persecutors. 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. **Amen.**

Reading —————
(Acts 6:8-10; 7:54-59)

A reading from the Acts of the Apostles

In those days: Stephen, full of grace and power, did great wonders and signs among the people. Then

some of those who belonged to the synagogue of the Freedmen (as it was called), and of the Cyrenians, and of the Alexandrians, and of those from Cilicia and Asia, arose and disputed with Stephen. But they could not withstand the wisdom and the Spirit with which he spoke. Now when they heard these things they were enraged, and they ground their teeth against him. But he, full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God; and he said, "Behold, I see the heavens opened, and the Son of man standing at the right hand of God." But they cried out with a loud voice and stopped their ears and rushed together upon

him. Then they cast him out of the city and stoned him; and the witnesses laid down their garments at the feet of a young man named Saul. And as they were stoning Stephen, he prayed, "Lord Jesus, receive my spirit."

The word of the Lord.
Thanks be to God.

Responsorial Psalm—
(Psalm (30) 31:3bc-4.6 and 8ab.16bc and 17)

R. **Into your hands, O Lord,
I commend my spirit.**

Be a rock of refuge for me, a mighty stronghold to save me. For you are my rock, my stronghold! Lead me, guide me, for the sake of your name. *R.*

Into your hands, I commend my spirit. You will redeem me, O Lord, O faithful God. Let me be glad and rejoice in your mercy, for you who have seen my affliction. *R.*

Deliver me from the hands of my enemies and those who pursue me. Let your face shine on your servant. Save me in your merciful love. *R.*

Acclamation

*(Psalm (117) 118:26a.
27ab)*

Alleluia. Alleluia. Blessed is he who enters in the name of the Lord; the Lord is God, and he has given us light.
Alleluia.

Gospel ————— *(Matthew 10:17-22)*

A reading from the holy Gospel according to Matthew

At that time: Jesus said to his apostles, “Beware of men; for they will deliver you up to councils, and flog you in their synagogues, and you will be dragged before governors and kings for my sake, to bear testimony before them and the Gentiles. When they deliver you up, do not be anxious about how you are to speak or what you are to say; for what you are to say will be given to you in that hour; for it is not you who speak, but the Spirit of your Father speaking through you. Brother will deliver up brother to

death, and the father his child, and children will rise against parents and have them put to death; and you will be hated by all for my name's sake. But he who endures to the end will be saved."

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

May these offerings of our devotion today, be acceptable to you, we pray, O Lord, for they are

prompted by the glorious commemoration of Saint Stephen the Martyr. Through Christ our Lord.
Amen.

Communion Antiphon

(Acts 7:58) **As they were stoning Stephen, he called out: Lord Jesus, receive my spirit.**

Prayer after Communion

For the many mercies which surround us we give thanks to you, O Lord, who save us through the Nativity

of your Son and gladden us with the celebration of the blessed Martyr Stephen.

Through Christ our Lord.
Amen.

**Saint Stephen,
protomartyr,
Feast**

Commentary

Acts 6: 8-10; 7: 54-59

Just after Christmas celebrations, the Church remembers its first martyr, and one of its first deacons, Saint Stephen. He was ready to bear witness to his faith in the Lord. In the Acts of the Apostles, Saint Luke praises Saint Stephen as “a man full of faith and the Holy Spirit,” who “did great wonders and signs among the people” during the early days of the Church. Luke’s history of the period also includes the moving scene of Stephen’s death, witnessed by Saint Paul before his conversion.

The forgiveness that he offered to those who killed him reflects the forgiveness offered by Jesus himself to those who crucified him. The feast of Saint Stephen reminds us of the high price we have to pay when we place our faith in the new-born Child Jesus, God-made-flesh for our salvation.

Rev. Fr. François Nzanzu, Nairobi-Kenya



Tuesday December 27

Feast

Saint John, Apostle and Evangelist

Entrance Antiphon

This is John, who reclined on the Lord's breast at supper, the blessed Apostle, to whom celestial secrets were revealed and who spread the words of life through all the world.

Or: (Sirach 15:5)

In the midst of the Church, he opened his mouth, and the Lord filled him with the spirit of wisdom and understanding and clothed him in a robe of glory.

Collect

O God, who through the blessed Apostle John have unlocked for us the secrets of your Word, grant, we pray, that we may grasp with proper understanding what he has so marvellously brought to our ears. 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. **Amen.**

The Gloria is said.

Reading —————
(1 John 1:1-4)

The beginning of the first Letter of Saint John

Beloved: That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon and touched with our hands, concerning the word of life— the life was made manifest, and we saw it, and testify to it, and proclaim to you the eternal life which was with the Father and was made manifest to us— that which we have seen and heard we proclaim also to you, so that you may have fellowship with us; and our fellowship is with the Father and with his Son

Jesus Christ. And we are writing this that our joy may be complete.

The word of the Lord.
Thanks be to God.

Responsorial Psalm —————
(Psalm 97:1-2. 5-6. 11-12)

℟. Rejoice in the Lord, you just.

The Lord is king, let earth rejoice; let the many islands be glad. Cloud and darkness surround him; justice and right are the foundation of his throne. ℟

The mountains melt like wax before the face of the Lord, before the face of the Lord of all the earth. The skies proclaim his justice; all peoples see his glory. ℟

The light shines forth for the just one, and joy for the upright of heart.



Rejoice in the Lord, you just; to the memory of his holiness give thanks. R

Acclamation

Alleluia. Alleluia. We praise you, O God; we acclaim you as the Lord; the glorious band of apostles sings your praise, O Lord! **Alleluia.**

Gospel

(John 20:2-8)

A reading from the holy Gospel according to John

On the first day of the week: Mary Magdalene ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, “They have taken the Lord out of the tomb,

and we do not know where they have laid him.” Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying, and the napkin, which had been on his head, not lying with the linen cloths but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

Sanctify the offerings we have made, O Lord, we pray, and grant that from the banquet of this supper we may thaw the hidden wisdom of the eternal Word, just as, from this same source, you revealed it to your Apostle John. Through Christ our Lord. **Amen.**

Communion Antiphon

(Jn 1:14.16) **The Word became flesh and made his dwelling among us, and from his fullness we have all received.**

Prayer after Communion

Grant, we pray, almighty God, that the Word made flesh, proclaimed by the blessed Apostle John, may,

through this mystery which dwell among us. Through
we have celebrated, ever Christ our Lord. **Amen.**

True Discipleship out of Love

Commentary

1 John 1: 1-4 / Psalm 97: 1-2, 5-6, 11-12 / John 20: 1a and 2-8

We celebrate today, the Feast of Saint John, the disciple whom Jesus loved the most. He is the one who believed when he saw the empty tomb. He is also the one who was chosen to remain with the Christian community for a long time as a witness of God's love. Saint John the Apostle, along with Saint James and Saint Peter, witnessed the most significant events in Jesus' life such as the Transfiguration and the Agony in the Garden. At the Last Supper, his head rested on the bosom of Jesus, and in the hours of the Passion, when others fled or denied their Master, Saint John kept his place by the side of Jesus and stood by the last cross with Mary. From the cross, the dying Saviour bequeathed His Mother to the care of the faithful apostle, who "from that hour took her to his own". As we contemplate what God has done in the life of Saint John, we are drawn into a new discipleship.

Rev. Fr. François Nzanzu, Nairobi-Kenya



Wednesday December 28

Feast

The Holy Innocents, Martyrs

Entrance Antiphon

The innocents were slaughtered as infants for Christ; spotless, they follow the Lamb and sing for ever: Glory to you, O Lord.

also speak through our manner of life. 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. **Amen.**

The Gloria is said.

Collect

O God, whom the Holy Innocents confessed and proclaimed on this thy, not by speaking but by dying, grant, we pray, that the faith in you which we confess with our lips may

Reading _____
(I John 1:5-2:2)

A reading from the first Letter of Saint John

Beloved: This is the message we have heard from Jesus Christ and proclaim to you, that God is light and in

him is no darkness at all. If we say we have fellowship with him while we walk in darkness, we lie and do not live according to the truth; but if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us. My little children, I am writing this to you so that you may not sin; but if any one does sin, we have an advocate with the Father, Jesus Christ the

righteous; and he is the expiation for our sins, and not for ours only but also for the sins of the whole world.

The word of the Lord.
Thanks be to God.

***Responsorial Psalm—
 (Psalm 124:2-3. 4-5. 7-8)***

***R. Our life, like a bird, has
 escaped from the snare of
 the fowler.***

“If the Lord had not been on our side when men rose against us, then would they have swallowed us alive when their anger was kindled.” *R.*

“Then would the waters have engulfed us, the torrent gone over us; over our head would have swept the raging waters.” *R.*

Indeed, the snare has been broken, and we have escaped. Our help is in the name of the Lord, who made heaven and earth. *R.*

Acclamation

Alleluia. Alleluia. We praise you, O God; we acclaim you as the Lord; the white-robed army of martyrs sings your praise. **Alleluia.**

Gospel ————— **(Matthew 2:13-18)**

A reading from the holy Gospel according to Matthew

When the Wise Men had departed, behold, an angel of the Lord appeared to Joseph in a dream and said, “Rise, take the child

and his mother, and flee to Egypt, and remain there till I tell you; for Herod is about to search for the child, to destroy him.” And he rose and took the child and his mother by night, and departed to Egypt, and remained there until the death of Herod. This was to fulfil what the Lord had spoken by the prophet, “Out of Egypt have I called my son.” Then Herod, when he saw that he had been tricked by the Wise Men, was in a furious rage, and he sent and killed all the male children in Bethlehem and in all that region who were two years old or under, according to the time which he had ascertained from the Wise Men. Then was fulfilled what was spoken by the prophet

Jeremiah: “A voice was heard in Ramah, wailing and loud lamentation, Rachel weeping for her children; she refused to be consoled, because they were no more.”

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

Receive, O Lord, we pray, the offerings of your devoted servants and purify us as we faithfully serve these, your mysteries, by which you grant justification even to those

who lack understanding. Through Christ our Lord.
Amen.

Communion Antiphon

(Revelation 14:4) **Behold those redeemed as the first fruits of the human race for God and the Lamb, and who follow the Lamb wherever he goes.**

Prayer after Communion

Grant, O Lord, abundant salvation to your faithful as they receive your holy gifts on the feast day of these, your Saints, who, though still unable to profess

your Son in speech, were crowned with heavenly grace on account of his birth. Who lives and reigns for ever and ever. **Amen.**

Witness of Faith through Martyrdom

Commentary

Matthew 2: 13-18

Today, the fourth day of the Octave of Christmas, we are given a similar witness to the one we received on December 26, the Feast of the Martyrdom of Saint Stephen. But today's feast presents the same evil in a different and even more tragic light. Here, out of envy and hatred, Herod had countless innocent children killed in an attempt to eliminate Jesus, the new born King. Today's innocents are considered the first martyrs of the Church, although it is more precise to say that they died instead of Christ rather than for Him. Their witness reveals to us that there are many times in life when things are simply not fair and not just. The massacre of these innocent children is a powerful reminder of this fact. But one thing we must hold on to is that God will right every wrong in the end. Whatever your "tragedy" may be, know that the Son of God entered our world, taking on our fallen human nature, so that He could make all things right.

Rev. Fr. François Nzanzu, Nairobi-Kenya



Thursday December 29

5th Day of the Octave of Christmas

Entrance Antiphon

(John 3:16) **God so loved the world that he gave his Only Son, so that all who believe in him may not perish, but may have eternal life.**

The Gloria in excelsis *(Glory to God in the highest)* **is said.**

Collect

Almighty and invisible God, who dispersed the darkness of this world by the coming of your light, look, we pray, with serene countenance upon us, that we may acclaim with fitting praise the greatness of the Nativity of your Only

Begotten Son. Who live and reigns with you. **Amen.**

Reading

(1 John 2:3-11)

A reading from the first Letter of Saint John

Beloved: By this, we may be sure that we know Jesus Christ, if we keep his commandments. He who says “I know him” but disobeys his commandments is a liar, and the truth is not in him; but whoever keeps his word, in him truly love for God is perfected. By this we may be sure that

we are in him: he who says he abides in him ought to walk in the same way in which he walked. Beloved, I am writing you no new commandment, but an old commandment which you had from the beginning; the old commandment is the word which you have heard. Yet I am writing you a new commandment, which is true in him and in you, because the darkness is passing away and the true light is already shining. He who says he is in the light and hates his brother is in the darkness still. He who loves his brother abides in the light, and in it there is no cause for stumbling. But he who hates his brother is in the darkness and walks in the darkness, and does not know where he is going,

because the darkness has blinded his eyes. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm—
(Psalm (95) 96:1-2a.2b-3.5b-6)***

R. Let the heavens rejoice and earth be glad.

O sing a new song to the Lord; sing to the Lord, all the earth. O sing to the Lord; bless his name. R.

Proclaim his salvation day by day. Tell among the nations his glory, and his wonders among all the peoples. R.

It was the Lord who made the heavens. In his presence are majesty and splendour, strength and honour in his holy place. R.

Acclamation*(Luke 2:32)*

Alleluia. Alleluia. A light for revelation to the Gentiles and for glory to your people Israel. **Alleluia.**

Gospel

*(Luke 2:22-35)***A reading from the holy Gospel according to Luke**

When the time came for their purification according to the law of Moses, the parents of Jesus brought him up to Jerusalem to present him to the Lord (as it is written in the law of the Lord, “Every male that opens the womb shall be called holy to the Lord”) and to offer a sacrifice according to what is said in the law of the Lord, “a

pair of turtledoves, or two young pigeons.” Now there was a man in Jerusalem, whose name was Simeon, and this man was righteous and devout, looking for the consolation of Israel, and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he should not see death before he had seen the Lord’s Christ. And inspired by the Spirit he came into the temple; and when the parents brought in the child Jesus, to do for him according to the custom of the law, he took him up in his arms and blessed God and said, “Lord, now let your servant depart in peace, according to your word; for my eyes have seen your salvation which you have prepared in the

presence of all peoples, a light for revelation to the Gentiles, and for glory to your people Israel.” And his father and his mother marvelled at what was said about him; and Simeon blessed them and said to Mary his mother, “Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own also), that thoughts out of many hearts may be revealed.” The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

Receive our oblation, O Lord, by which is brought about a glorious exchange, that by offering what you have given, we may merit to receive your very self. Through Christ our Lord. **Amen.**

Communion Antiphon

(Luke 1:78) **Through the heartfelt mercy of our God, the Dawn from on high will visit us.**

Prayer after Communion

Grant, we pray, almighty God, that, by the power

of these holy mysteries, sustained. Through Christ
our life may be constantly our Lord. **Amen.**

Commentary

Privileged to See Christ

Luke 2: 22-35

We are in the fifth day of the Octave of Christmas. We are given the witness of the prophet Simeon. This holy man was promised by God through a personal revelation, that he would actually see, with his own eyes, the Saviour of the World. He would have longed for it and hoped for it. Then, one day, the moment came. Simeon would have woken up that day, going about his normal routine like any other day. However, the moment that Mary and Joseph brought their new born Child into the temple, Simeon knew in his heart that this Child was the promised Saviour. His words are powerful. He says, "Lord, now You can let Your servant go in peace...for my eyes have seen the salvation You have prepared..." We should strive to learn from Simeon: We are privileged to see Christ each day in numerous ways. Christ is present in every heart that is given to God, every Sacrament of the Church, every reading of the Holy Scripture, and He is especially present within our hearts.

Rev. Fr. François Nzanzu, Nairobi-Kenya



Friday December 30

The Holy Family of Jesus, Mary and Joseph

Entrance Antiphon

(Luke 2:16) **The shepherds went in haste, and found Mary and Joseph and the Infant lying in a manger.**

The Gloria in excelsis *(Glory to God in the highest)* **is said.**

Collect

O God, who were pleased to give us the shining example of the Holy Family, graciously grant that we may imitate them in practicing the virtues of family life and in the bonds of charity, and so, in the joy of your house, delight one day in eternal rewards.

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. **Amen.**

First Reading —————
(Sirach 3:2-6.12-14)

A reading from the Book of Sirach

The Lord honoured the father above the children, and he confirmed the right of the mother over her sons. Whoever honours his father atones for sins, and preserves himself from them. When he prays, he

is heard; and whoever glorifies his mother is like one who lays up treasure. Whoever honours his father will be gladdened by his own children, and when he prays, he will be heard. Whoever glorifies his father will have long life, and whoever obeys the Lord will refresh his mother. O son, help your father in his old age, and do not grieve him as long as he lives; even if he is lacking in understanding, show forbearance; and do not despise him all the days of his life. For kindness to a father will not be forgotten, and against your sins it will be credited to you—a house raised in justice to you. The word of the Lord.

Thanks be to God.

Responsorial Psalm—
(Psalm (127) 128:1-2.3.4-5)

R. Blessed are all who fear the Lord, and walk in his ways.

Blessed are all who fear the Lord, and walk in his ways! By the labour of your hands you shall eat. You will be blessed and prosper. R

Your wife like a fruitful vine in the heart of your house; your children like shoots of the olive around your table. R

Indeed thus shall be blessed the man who fears the Lord. May the Lord bless you from Sion. May you see Jerusalem prosper all the days of your life! R

Second Reading —————
(Colossians 3:12-21)

**A reading from the Letter
of Saint Paul to the
Colossians**

Brethren: Put on, as God's chosen ones, holy and beloved, compassion, kindness, lowliness, meekness, and patience, forbearing one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And over all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And

be thankful. Let the word of Christ dwell in you richly, as you teach and admonish one another in all wisdom, and as you sing psalms and hymns and spiritual songs with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. Wives, be subject to your husbands, as is fitting in the Lord. Husbands, love your wives, and do not be harsh with them. Children, obey your parents in everything, for this pleases the Lord. Fathers, do not provoke your children, lest they become discouraged. The word of the Lord. **Thanks be to God.**

Acclamation*(Colossians 3:15a.16a)*

Alleluia. Alleluia. Let the peace of Christ rule in your hearts; let the word of Christ dwell in you richly. **Alleluia.**

Gospel _____
(Matthew 2:13-15.19-23)

A reading from the holy Gospel according to Matthew

When the Wise Men had departed, behold, an angel of the Lord appeared to Joseph in a dream and said, "Rise, take the child and his mother, and flee to Egypt, and remain there till I tell you; for Herod is about to search for the child, to destroy him." And he rose and took the child

and his mother by night, and departed to Egypt, and remained there until the death of Herod. This was to fulfill what the Lord had spoken by the prophet, "Out of Egypt have I called my son." But when Herod died, behold, an angel of the Lord appeared in a dream to Joseph in Egypt, saying, "Rise, take the child and his mother, and go to the land of Israel, for those who sought the child's life are dead." And he rose and took the child and his mother, and went to the land of Israel. But when he heard that Archelaus reigned over Judea in place of his father Herod, he was afraid to go there, and being warned in a dream he withdrew to the district of Galilee. And he went

and dwelt in a city called Nazareth, that what was spoken by the prophets might be fulfilled, “He shall be called a Nazarene.” The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

We offer you, Lord, the sacrifice of conciliation, humbly asking that, through the intercession of the Virgin Mother of God and Saint Joseph, you

may establish our families firmly in your grace and your peace. Through Christ our Lord. **Amen.**

Communion Antiphon

(Baruch 3:38) **Our God has appeared on the earth, and lived among us.**

Prayer after Communion

Bring those you refresh with this heavenly Sacrament, most merciful Father, to imitate constantly the



example of the Holy Family, so that, after the trials of this world, we may

share their company for ever. Through Christ our Lord. **Amen.**

Holy Family: a Model of all Families

Commentary

Sir 3: 2-6. 12-14 or Col 3: 12-21/ Ps
128: 1-2. 3. 4-5/ Mt 2: 13-15. 19-23

Today, we honor the Holy Family of Jesus, Mary and Joseph. In honoring them, we also honor all families, big or small. In honoring all families, we honor the family of God, the Church. But in a special way we draw our attention on the hidden, day-to-day life of the Holy Family of Nazareth. The question we may ask ourselves is, how was it like to live day to day in the household of Saint Joseph? How was it like to have Jesus for a son, Mary as a wife and mother, and Joseph as a father and husband? Their home would have certainly been a sacred place and a dwelling of true peace and unity. But it would also have been so much more. The family home of Jesus, Mary and Joseph would have been, in numerous ways, just like any other home. Let us reflect, today, upon our own family life. No matter the case, know that God wants to enter more deeply into your family life just as it is right now.

Rev. Fr. François Nzanzu, Nairobi-Kenya



Saturday December 31

7th Day of the Octave of Christmas

Entrance Antiphon

(Isaiah 9:5) **A child is born for us, and a son is given to us; his sceptre of power rests upon his shoulder, and his name will be called Messenger of great counsel.**

The Gloria is said.

Collect

Almighty ever-living God, who in the Nativity of your Son established the beginning and fulfilment of all religion, grant, we pray, that we may be numbered among those who belong to

him, in whom is the fullness of human salvation. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

Reading —————
(1 John 2:18-21)

A reading from the first Letter of Saint John

Children, it is the last hour; and as you have heard that antichrist is coming, so now many antichrists have come; therefore, we know that it is the last hour. They

went out from us, but they were not of us; for if they had been of us, they would have continued with us; but they went out, that it might be plain that they all are not of us. But you have been anointed by the Holy One, and you all know. I write to you, not because you do not know the truth, but because you know it, and know that no lie is of the truth. The word of the Lord. **Thanks be to God.**

Responsorial Psalm——
(Psalm (95) 96:1-2.11-12.13)

R. Let the heavens rejoice and earth be glad.

O sing a new song to the Lord; sing to the Lord, all the earth. O sing to

the Lord; bless his name. Proclaim his salvation day by day. **R.**

Let the heavens rejoice and earth be glad; let the sea and all within it thunder praise. Let the land and all it bears rejoice. **R.**

Then will all the trees of the wood shout for joy at the presence of the Lord, for he comes, he comes to judge the earth. He will judge the world with justice; he will govern the peoples with his truth. **R.**

Acclamation
(John 1:14a. 2ac)

Alleluia. Alleluia. The Word became flesh and dwelt among us. To all who received him he gave power

to become children of God.
Alleluia.

Gospel _____
(John 1:1-18)

**The beginning of the holy
Gospel according to John**

In the beginning, was the Word, and the Word was with God, and the Word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it. There was a man sent from God, whose name was John. He came for testimony, to bear witness to the light, that all might believe through

him. He was not the light, but came to bear witness to the light. The true light that enlightens every man was coming into the world. He was in the world, and the world was made through him, yet the world knew him not. He came to his own home, and his own people received him not. But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the will of the flesh nor of the will of man, but of God. And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only-begotten Son from the Father. (John bore witness to him, and cried,

“This was he of whom I said, ‘He who comes after me ranks before me, for he was before me.’”) And from his fullness have we all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God; the only-begotten Son, who is in the bosom of the Father, he has made him known. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

O God, who give us the gift of true prayer and of peace, graciously grant that, through this offering,

we may do fitting homage to your divine majesty and, by partaking of the sacred mystery, we may be faithfully united in mind and heart. Through Christ our Lord. **Amen.**

Communion Antiphon

(1 John 4:9) **God sent his Only Begotten Son into the world, so that we might have life through him.**

Prayer after Communion

May your people, O Lord, whom you guide and sustain in many ways, experience, both now and in the future, the remedies which you bestow, that, with the needed solace

of things that pass away, eternal. Through Christ our
they may strive with ever Lord. **Amen.**
deepened trust for things

The Great Mystery of the Word Became Flesh

Commentary

1 John 2: 18-21 /
John 1: 1-18

Today is the seventh day of the Octave of Christmas. We are given the mystery of the “Word.” It presents Jesus to us as the “Word.” He is the Word who takes on flesh and is eternal, from “the beginning with God.” The passage goes on to say that the Word was God and that the Word became flesh and dwelt among us.

The passage of today’s gospel reveals to us that God “spoke” from eternity his perfect plan of salvation and this wisdom spoken is a Person. The Person is the Divine Son of God. Thus, when the Son “speaks” and when He is “spoken” by the Father, all things come to be.

The beginning of John’s Gospel reveals to us that the action of God creating all things and ultimately fulfilling His wisdom through the Incarnation, the Son becoming flesh, is a mysterious plan far beyond what we could ever comprehend. Let us keep in mind that Christmas is a great mystery of faith.

Rev. Fr. François Nzanzu, Nairobi-Kenya



Publisher: Pierre LANGLOIS

Publishing & Development Manager

Editor in Chief: Rev. Fr. François NZANZU a.a.

Assistant: Rev. Fr. Jean-Claude DIWEDIGA a.a.

Editorial Secretary: Virginia KABUGU

Graphic designer: Naomi SAWADOGO

Ghana Coordinator: Rev. Fr. Dennis OPOKU;

Associate Publishers: Fr. Walter Ihejirika, Regional Coordinator, LWC Nigeria,

Other **Contributors:** Rev. Fr. Emmanuel SALIFU

Rev. Fr. Jérôme K. M. KOMBI; Rev. Fr. François NZANZU.

Digital : HODIEB Dominique

ISSN: 2424-7464 ; **Contact:** Living With Christ

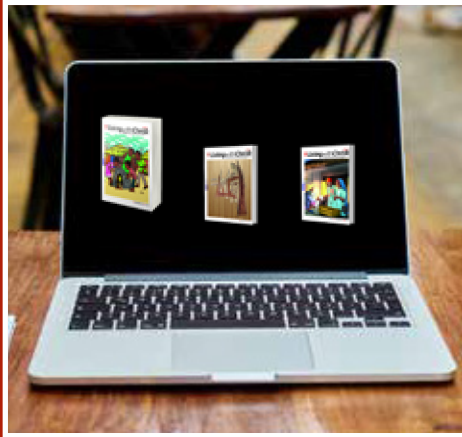
Rue E104, Lot 1076 Ilot 116 - Cocody Riviera 3 Abidjan , Côte d'Ivoire

Address: P.O. BOX 08 BP 2469 Abidjan 08 -

Phone number : (+225) 25 22 02 11 11 -

E-mail: info@livingwithchrist-africa.com






 WhatsApp : [+225 05 94 79 75 68 / +254727074304](https://wa.me/+2250594797568)

 Website : [https:// www.livingwithchrist.africa](https://www.livingwithchrist.africa)

 Facebook : [Living with Christ Africa](https://www.facebook.com/LivingwithChristAfrica)

 Tiktok

 YouTube

Growing up Daily with the Good News