

Weekly LWCA

# **The Epiphany of the Lord, Solemnity**

## **End of Christmas Time**

bayard afrique

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Living with Christ January 2023

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#### **Liturgical texts:**

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**On our cover:** Shining sun in the blue  
Sky of desert

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# Editorial

January 2023



Rev. Fr. Walter C. Ihejirika, Nigeria

## Restoring the Harmony of Creation

**T**he first month of the calendar year is very significant. As rational human beings, the beginning of any enterprise is a conscious activity. This means that there is a vision of what we intend to achieve and a means to carry out the mission.

The month of January invites us to look at our individual and collective lives in the light of the original plan of God. One of the liturgical celebrations in this month harps on the creative activities of God. St Athanasius pictured God's creative activity as that of the leader of a big orchestra who harmonises different voices from men, women and children into a great symphony. God's creative work continues in his Son Jesus Christ, the Word through whom all things were made. Jesus restores the harmony in creation and makes whole deficient parts. He forgives sins, which is the root cause of the deficiencies in creation and restores paralyzed humanity to wholeness (Mk 2:1-12).

As we begin the new year, may we cooperate with the grace of God to restore the harmony of all creation.



# The Pope's Prayer Intention

***For educators:*** We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all.

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

### **The Sacrament Of Holy Orders**

**A**ccording to the Catechism of the Catholic Church, Holy Orders is the sacrament through which the mission entrusted by Christ to his apostles continues to be exercised in the Church until the end of time (CCC 1536). It includes the episcopate (bishop), the presbyterate (*priest*) and the diaconate (deacon). By virtue of their ordination, bishops, priests and deacons are called to the service of all. They are called to be ministers like Jesus Christ who humbled himself to save the humankind.

A deacon is at the service of the bishop. There is a strong relationship between the episcopate and the diaconate. It is only the bishop who lays his hands on the candidates to the diaconal ordination. The proclamation of the Word of God in the liturgy is one of his duties. The diaconate may be permanent or not. While there are deacons who aspire to become priests, some decide to remain deacons their entire life. A great number of permanent deacons are married men. Since

Vatican II, some married men can become deacons but not priests.

A priest works hand in hand with the bishop to whom he promises obedience. He presides over the Eucharistic celebration in which Jesus Christ gives himself to the faithful as Bread of Life and Spiritual Drink. He also anoints the sick. We have the ministerial priesthood and the common priesthood. By virtue of Baptism, all Christians participate in the common priesthood of Jesus Christ who is the High Priest. The ministerial priesthood is at the service of the common priesthood. The sacrament of Holy Orders is administered to a baptized male who has fulfilled the requirements described in the Code of Canon Law.

Bishops are the ministers of the sacrament of Holy Orders since they are the successors of the Apostles who were successors of Jesus Christ. It is important to note that only one bishop ordains priests and deacons. But three bishops are involved in the ordination of a priest called to the episcopate. The presiding bishop is called consecrator. The other two are called co-consecrators. In some countries where the number of bishops is limited,

the Church authorities always find an alternative so that the ordination of a bishop may take place validly. During the ordination of a priest as well as the ordination of a bishop, the Holy Chrism oil is used. The hands of the priest are anointed while it is the head of the bishop that is anointed. The deacon is not anointed. It is worth saying that the same Holy Chrism oil is used during Baptism, Confirmation, the dedication of Churches and the consecration of altars.

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



# Sunday January 8

## The Epiphany of the Lord, Solemnity

*Isaiah 60: 1-6 / Psalm (71) 72: 1-2. 7-8. 10-11. 12-13 /  
Ephesians. 3: 2-3a. 5-6 / Matthew 2: 1-12*



“They saw the child with Mary his mother and they fell down and worshipped him”.





## *A Time of Revelation*

**T**oday we celebrate the Solemnity of the Epiphany of the Lord. The word “Epiphany” means “manifestation” of our Lord to the whole world. That is to the rich and the poor, to saints and sinners. It is a feast where God reveals himself to us in a personal relationship rooted in His love. Epiphany is not just given to believers but also to those who always search for the Lord’s presence in their lives. It is a call to always search for ways in which God discloses Himself in our lives. It is a reminder that, we are all in the march of coming to know Jesus as Lord. What we need to know is that, each of us is at a different pace in our faith journey due to our experiences of our lives that shapes how we see God and others. It is during this journey that, God reveals his Son Jesus who comes to help us know the love His Father has for us and help us live as children of God. Jesus Christ wants us to experience the saving power of God. The realness is that, God saves us from ourselves and from thinking that our way is better than God’s plan for our lives. The question remains, do we stand in the way of God’s plan at work in our lives?



**Sunday** January 8

Jesus came into our world, to show His love for us. The gifts of the Magi also show us who the Lord truly is. The Magi, who are traditionally three in number - Caspar, Mel-chior and Balthasar, corresponds to their three gifts - gold, frankincense and myrrh. They presented these gifts to the Lord, paid homage and worshipped Him. We have just begun the new year. Let's ask ourselves: has Jesus been present in our lives and does it make a difference? For this to happen, our relationship with Jesus must be the source of our strength, peace and hope that comes into the world. The Magi followed the star and found Christ. May we too, find the Lord who continues to search for us.

***Rev. Sister Mary Nzilani, Nairobi-Kenya***



**Entrance Antiphon** (*Mal 3:1; 1 Chr 29:12*)

**Behold, the Lord, the Mighty One, has come; and kingship is in his grasp, and power and dominion.**

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

**Collect**

O God, who on this day revealed your Only Begotten Son to the nations by the guidance of a star, grant in your mercy, that we, who know you already by faith, may be brought to behold the beauty of your sublime glory. Through Christ our Lord. **Amen.**

**First Reading** (*Isaiah 60:1-6*)

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**A reading from the Book of Isaiah**

Arise, shine; for your light has come, and the glory of the Lord has risen upon you.

For behold, darkness shall cover the earth, and thick darkness the peoples; but the Lord will arise upon you, and his glory will be seen upon you. And nations shall walk by your light, and kings in the brightness of your rising. Lift up your eyes round about, and see; they all gather together, they come to you; your sons shall come from far, and your daughters shall be carried in the arms. Then you shall see

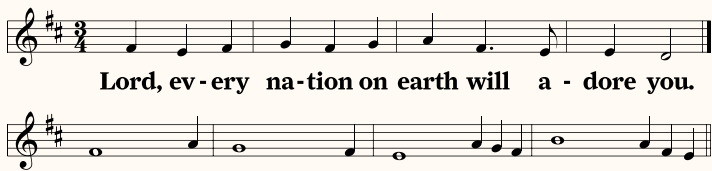


**Sunday January 8**

and be radiant, your heart shall thrill and rejoice; because the abundance of the sea shall be turned to you, the wealth of the nations shall come to you. A multitude of camels shall cover you, the young camels of Midian and Ephah; all those from Sheba shall come. They shall bring gold and frankincense, and shall proclaim the praise of the Lord.

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

***Responsorial Psalm (Psalm <sup>(71)</sup> 72:1-2.7-8.10-11.12-13)***



**R. All nations on earth shall fall prostrate before you, O Lord.**

O God, give your judgement to the king,  
to a king's son your justice,  
that he may judge your people in justice,  
and your poor in right judgement. **R.**



In his days shall justice flourish,  
and great peace till the moon is no more.  
He shall rule from sea to sea,  
from the River to the bounds of the earth. R.

The kings of Tarshish and the islands  
shall pay him tribute.  
The kings of Sheba and Seba  
shall bring him gifts.  
Before him all kings shall fall prostrate,  
all nations shall serve him. R.

For he shall save the needy when they cry,  
the poor, and those who are helpless.  
He will have pity on the weak and the needy,  
and save the lives of the needy. R.

***Second Reading (Ephesians 3:2-3a.5-6)*** —————

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

Brethren: I assume that you have heard of the stewardship of God's grace that was given to me for you, how the mystery was made known to me by revelation, which was not made known to the sons of men in other generations as it has now been revealed to his holy apostles and prophets by the Spirit; that is, how the



**Sunday** January 8

Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the Gospel.

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

**Acclamation** (*Matthew 2:2*)

**Alleluia. Alleluia.** We have seen his star in the east, and have come to worship the Lord. **Alleluia.**

**Gospel** (*Matthew 2:1-12*)

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**A reading from the holy Gospel according to Matthew**

Now when Jesus was born in Bethlehem of Judea in the days of Herod the king, behold, Wise Men from the East came to Jerusalem, saying, “Where is he who has been born king of the Jews? For we have seen his star in the East, and have come to worship him.” When Herod the king heard this, he was troubled, and all Jerusalem with him; and assembling all the chief priests and scribes of the people, he inquired of them where the Christ was to be born. They told him, “In Bethlehem of Judea; for so it is written by the prophet: ‘And you, O Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for from you shall come a ruler who will govern my people Israel.’” Then Herod summoned the Wise Men secretly and ascertained from them what time



the star appeared; and he sent them to Bethlehem, saying, "Go and search diligently for the child, and when you have found him bring me word, that I too may come and worship him." When they had heard the king they went their way; and behold, the star which they had seen in the East went before them, till it came to rest over the place where the child was. When they saw the star, they rejoiced exceedingly with great joy; and going into the house they saw the child with Mary his mother, and they fell down and worshipped him. Then, opening their treasures, they offered him gifts, gold and frankincense and myrrh. And being warned in a dream not to return to Herod, they departed to their own country by another way.

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

### **Prayer of the Faithful**

*The following intentions are suggestions only.*

**R. Lord, hear us!**

For the Pope, Bishops, Priests and Catéchists, let us pray to the Lord our God. **R.**

For the promotion of the word of God in Africa and all over the world, let us pray to the Lord our God. **R.**



**Sunday** January 8

For the end of terrorism and for those threatened and killed for their faith, let us cry out to the Lord our God. *R.*

For peace, mercy, security in the world, let us pray to the Lord our God. *R.*

***The Creed is said.***

### **Prayer over the Offerings**

Look with favour, Lord, we pray, on these gifts of your Church, in which are offered now not gold or frankincense or myrrh, but he who by them is proclaimed, sacrificed and received, Jesus Christ. Who lives and reigns for ever and ever. **Amen.**

### **Preface of the Epiphany of the Lord**

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God. For today you have revealed the mystery of our salvation in Christ as a light for the nations, and, when he appeared in our mortal nature,





you made us new by the glory of his immortal nature. And so, with Angels and Archangels, with Thrones and Dominions, and with all the hosts and Powers of heaven, we sing the hymn of your glory, as without end we acclaim: Holy, Holy, Holy Lord God of hosts...

**Communion Antiphon** (*Mt 2:2*)

**We have seen his star in the East, and have come with gifts to adore the Lord.**

**Prayer after Communion**

Go before us with heavenly light, O Lord, always and everywhere, that we may perceive with clear sight and revere with true affection the mystery in which you have willed us to participate. Through Christ our Lord. **Amen.**

# Monday January 9

1<sup>st</sup> Week in Ordinary Time

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## *Feast*

**Baptism of the Lord**

### **Entrance Antiphon**

*(Mt 3:16-17)* **After the Lord was baptised, the heavens were opened, and the Spirit descended upon him like a dove, and the voice of the Father thundered: This is my beloved Son, in whom I am well pleased.**

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

### **Collect**

Almighty ever-living God, who, when Christ had been baptized in the River Jordan, and as the Holy Spirit descended upon him, solemnly declared him your beloved Son, grant that your children by adoption, reborn of water and the Holy Spirit, may always be well pleasing to you. Through Christ our Lord. **Amen.**

Or:

O God, whose Only Begotten Son has appeared in our very flesh, grant, we pray, that we may be inwardly transformed through him whom we recognize as outwardly like ourselves. Who lives and reigns with you and the Holy Spirit for ever and ever. **Amen.**

***First Reading*** —————  
***(Isaiah 42:1-4. 6-7)***

**A reading from the Book of Isaiah**

Thus says the Lord: Behold my servant, whom I uphold, my chosen, in whom my soul delights; I have put my Spirit upon him, he will bring forth justice to the nations. He will not cry or lift up his voice, or

make it heard in the street; a bruised reed he will not break, and a dimly burning wick he will not quench; he will faithfully bring forth justice. He will not fail or be discouraged till he has established justice in the earth; and the islands wait for his law. "I am the Lord, I have called you in righteousness, I have taken you by the hand and kept you; have given you as a covenant to the people, a light to the nations, to open the eyes that are blind, to bring out the prisoners from the dungeon, from the prison those who sit in darkness."

The word of the Lord.

**Thanks be to God**

***Responsorial Psalm ———***  
***(Psalm (28) 29:1a.2.3ac-4.3b.9c-10)***

**R. The Lord will bless his people with peace.**

Ascribe to the Lord you heavenly powers, ascribe to the Lord the glory of his name; bow down before the Lord, majestic in holiness. R.

The voice of the Lord upon the waters, the Lord on the immensity of waters; the voice of the Lord full of power; the voice of the Lord full of splendour. R.

The God of glory thunders; in his temple they all cry, "Glory!" The Lord sat enthroned above the flood; the Lord sits as king for ever. R.

***Second Reading ———***  
***(Acts 10:34-38)***

**A reading from the Acts of the Apostles**

In those days: Peter opened his mouth and said, "Truly I perceive that God shows no partiality, but in every nation any one who fears him and does what is right is acceptable to him. You know the word which he sent to the sons of Israel, preaching good news of peace by Jesus Christ (he is Lord of all), the word which was proclaimed throughout all Judea, beginning from Galilee after the baptism which John preached: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and heal-

ing all that were oppressed by the devil, for God was with him.”

The word of the Lord.

**Thanks be to God**

**Acclamation** (*Mark 9:6*)

**Alleluia. Alleluia.** The heavens opened and the Father’s voice was heard: “This is my beloved Son, listen to him.” **Alleluia.**

**Gospel** —————  
(*Matthew 3:13-17*)

**A reading from the holy Gospel according to Matthew**

At that time: Jesus came from Galilee to the Jordan to John, to be baptised by him. John would have prevented him, saying, “I need to be baptised by you, and do you come to me?”

But Jesus answered him, “Let it be so now; for thus it is fitting for us to fulfil all righteousness.” Then he consented. And when Jesus was baptised, he went up immediately from the water, and behold, the heavens were opened and he saw the Spirit of God descending like a dove, and alighting on him; and behold, a voice from heaven, saying, “This is my beloved Son, with whom I am well pleased.”

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

**Prayer over the Offerings**

Accept, O Lord, the offerings we have brought to honour the revealing of your beloved Son, so that the oblation of your faithful

may be transformed into the sacrifice of him, who willed in his compassion to wash away the sins of the world. Who lives and reigns for ever and ever. **Amen.**

### **Preface of the Baptism of the Lord.**

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God. For in the waters of the Jordan you revealed with signs and wonders a new Baptism, so that through the voice that came down from heaven we might come to believe in your Word's dwelling among us, and by

the Spirit's descending in the likeness of a dove we might know that Christ your Servant has been anointed with the oil of gladness and sent to bring the good news to the poor. And so, with the Powers of heaven, we worship you constantly on earth, and before your majesty without end we acclaim: **Holy, Holy, Holy...**

### **Communion Antiphon**

*(Jn. 1:32.34)* **Behold the One of whom John said: I have seen and testified that this is the Son of God.**

**Prayer after Communion**

Nourished with these sacred gifts, we humbly entreat your mercy, O Lord, that, faithfully listening to

your Only Begotten Son, we may be your children in name and in truth. Through Christ our Lord. **Amen.**

**The Feast of the  
Baptism of the Lord****Commentary****Matthew 3:13-17**

We celebrate today the feast of the Baptism of the Lord. It is a day that marks the end of the Christmas season as well as the beginning of ordinary time. In the Gospel reading, we see Jesus setting out to begin his public ministry by asking John to baptise him. We all have shared in this baptism with and in Christ, thus, a call to share His mission by keeping working for justice even when it appears unhelpful.

***Rev. Sister Mary Nzilani, Nairobi-Kenya***



# Tuesday January 10

1<sup>st</sup> Week in Ordinary Time

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## Entrance Antiphon

Upon a lofty throne, I  
saw a man seated, whom  
a host of angels adore,  
singing in unison: Behold  
him, the name of whose  
empire is eternal.

## Collect

Attend to the pleas of your  
people with heavenly care,  
O Lord, we pray, that they  
may see what must be  
done, and gain strength to  
do what they have seen.  
Through Christ our Lord.  
**Amen.**

## Reading ————— (Hebrews 2:5-12)

A reading from the Letter  
to the Hebrews

It was not to angels that  
God subjected the world  
to come, of which we  
are speaking. It has been  
testified somewhere, “What  
is man that you are mindful  
of him, or the son of man,  
that you care for him? You  
made him for a little while  
lower than the angels, You  
have crowned him with  
glory and honour, putting  
everything in subjection  
under his feet.” Now in  
putting everything in



subjection to him, he left nothing outside his control. As it is, we do not yet see everything in subjection to him. But we see Jesus, who for a little while was made lower than the angels, crowned with glory and honour because of the suffering of death, so that by the grace of God he might taste death for every one. For it was fitting that he, for whom and by whom all things exist, in bringing many sons to glory, should make the pioneer of their salvation perfect through suffering. For he who sanctifies and those who are sanctified have all one origin. That is why he is not ashamed to call them brethren, saying, “I will proclaim your name to my brethren, in the midst

of the congregation I will praise you!”

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

***Responsorial Psalm —  
(Psalm 8:2ab and 5.6-7a-9)***

***R. You have given your Son  
power over the works of  
your hands.***

O Lord, our Lord, how majestic is your name through all the earth! What is man that you should keep him in mind, the son of man that you care for him? *R.*

Yet you have made him little lower than the angels; with glory and honour you crowned him, gave him power over the works of your hands. *R.*

You put all things under his feet, / all of them, sheep and oxen, yes, even the cattle of the fields, birds of the air, and fish of the sea that make their way through the waters. R.

### Acclamation

*(1 Thessalonians 2:13)*

**Alleluia. Alleluia.** Accept the word of God, not as the word of men, but as what it really is, the word of God.  
**Alleluia.**

### Gospel ————— *(Mark 1:21b-28)*

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

(In the city of Capernaum,) Jesus entered the synagogue on the sabbath and taught. And they were astonished at his teaching,

for he taught them as one who had authority, and not as the scribes. And immediately there was in their synagogue a man with an unclean spirit; and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. And they were all amazed, so that they questioned among themselves, saying, "What is this? A new teaching! With authority he commands even the unclean spirit, and they obey him." And at once his fame spread



everywhere throughout  
all the surrounding region  
of Galilee.

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

### **Prayer over the Offerings**

May your people's  
oblation, O Lord, find  
favour with you, we pray,  
that it may restore them to  
holiness and obtain what

they devoutly entreat.  
Through Christ Our Lord.  
**Amen.**

### **Communion Antiphon**

*(Ps (35) 36:10)* **With you, O  
Lord, is the fountain of  
life, and in your light we  
see light.**

### **Prayer after Communion**

Humbly we ask you,  
almighty God, be

graciously pleased to grant that those you renew with your Sacraments may also serve with lives pleasing to you. Through Christ our Lord. **Amen.**

## **Jesus Announces the Good News**

### **Commentary**

**Mark 1: 14 - 28**

In the Gospel, we see Jesus coming to Galilee proclaiming the Good News. He calls us to repent and believe in God. Jesus called the sons of Zebedee to follow him. Entering the synagogue, He taught them with power and He rebuked the unclean spirit which made the crowd to be amazed. This made Jesus' famous throughout the surrounding region. We ask ourselves, what makes us famous? The answer lies in us.

***Rev. Sister Mary Nzilani, Nairobi-Kenya***



# Wednesday January 11

1<sup>st</sup> Week in Ordinary Time

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## Entrance Antiphon

Upon a lofty throne, I  
saw a man seated, whom  
a host of angels adore,  
singing in unison: Behold  
him, the name of whose  
empire is eternal.

## Collect

Attend to the pleas of your  
people with heavenly care,  
O Lord, we pray, that they  
may see what must be  
done, and gain strength to  
do what they have seen.  
Through Christ our Lord.  
**Amen.**

## Reading ————— (Hebrews 2:14-18)

A reading from the Letter  
to the Hebrews

Since the children share  
in flesh and blood, Jesus  
himself likewise partook  
of the same nature, that  
through death he might  
destroy him who has the  
power of death, that is, the  
devil, and deliver all those  
who through fear of death  
were subject to lifelong  
bondage. For surely it is  
not with angels that he is  
concerned but with the  
descendants of Abraham.  
Therefore he had to be

made like his brethren in every respect, so that he might become a merciful and faithful high priest in the service of God, to make expiation for the sins of people. For because he himself has suffered and been tempted, he is able to help those who are tempted.

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

***Responsorial Psalm —***  
***(Psalm (104) 105:1-2.3-4.***  
***6-7.8-9***

**R. The Lord remembers his covenant for ever.**

**or: Alleluia**

known his deeds among the peoples. O sing to him, sing his praise; tell all his wonderful works! R

Glory in his holy name; let the hearts that seek the Lord rejoice. Turn to the Lord and his strength; constantly seek his face. R

O children of Abraham, his servant, O descendants of the Jacob he chose, he, the Lord, is our God; his judgements are in all the earth. R

He remembers his covenant forever: the promised he ordained for a thousand generations, the covenant he made with Abraham, the oath he swore to Isaac. R

Give thanks to the Lord;  
proclaim his name. Make



## Acclamation

*(John 10:27)*

**Alleluia. Alleluia.** My sheep hear my voice, says the Lord; and I know them, and they follow me. **Alleluia.**

## Gospel

*(Mark 1:29-39)*

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

At that time: Jesus left the synagogue, and entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law lay sick with a fever, and immediately they told him of her. And he came and took her by the hand and lifted her up, and the fever left her; and she served them. That evening, at sundown, they brought

to him all who were sick or possessed with demons. And the whole city was gathered together about the door. And he healed many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. And in the morning, a great while before day, he rose and went out to a lonely place, and there he prayed. And Simon and those who were with him followed him, and they found him and said to him, "Every one is searching for you." And he said to them, "Let us go on to the next towns, that I may preach there also; for that is why I came out." And he went throughout

all Galilee, preaching in their synagogues and casting out demons.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

### **Prayer over the Offerings**

May your people's oblation, O Lord, find favour with you, we pray, that it may

restore them to holiness and obtain what they devoutly entreat. Through Christ Our Lord. **Amen.**

### **Communion Antiphon**

*(Ps (35) 36:10)* **With you, O Lord, is the fountain of life, and in your light we see light.**



**Prayer after Communion**

Humbly we ask you,  
almighty God, be  
graciously pleased to grant  
that those you renew with

your Sacraments may also  
serve with lives pleasing  
to you. Through Christ our  
Lord. **Amen.**

**Prayer****Commentary****Mark 1: 29-39**

According to today's Gospel, Jesus gets up early in the morning, goes to a deserted place to pray. He invites us to move from the comfort zones of our lives into the exposure of the wilderness. We all have deserted places in our lives like broken kinships, loneliness, grief among others. What is my deserted place? We need to know that; they are the places of Jesus' prayer and the starting point for his message of Good News to us.

***Rev. Sister Mary Nzilani, Nairobi-Kenya***



# Thursday January 12

1<sup>st</sup> Week in Ordinary Time

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## Entrance Antiphon

Upon a lofty throne, I  
saw a man seated, whom  
a host of angels adore,  
singing in unison: Behold  
him, the name of whose  
empire is eternal.

## Collect

Attend to the pleas of your  
people with heavenly care,  
O Lord, we pray, that they  
may see what must be  
done, and gain strength to  
do what they have seen.  
Through Christ our Lord.  
**Amen.**

## First Reading ————— (Hebrews 3:7-14)

A reading from the Letter  
to the Hebrews

Brethren: As the Holy Spirit says, “Today, when you hear his voice, do not harden your hearts as in the rebellion, on the day of testing in the wilderness, where your fathers put me to the test and saw my works for forty years. Therefore I was provoked with that generation, and said, ‘They always go astray in their hearts; they have not known my ways.’ As I swore in my wrath, ‘They

shall never enter my rest.” Take care, brethren, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. But exhort one another every day, as long as, it is called “today”, that none of you may be hardened by the deceitfulness of sin. For we share in Christ, if only we hold our first confidence firm to the end. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm — (Psalm <sup>(94)</sup> 95:6-7abc. 7d and 8-9.10-11)***

**R. O that today you would listen to his voice!**

**Harden not your hearts.**

O come; let us bow 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.

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 forebears put me to the test; when they tried me, though they saw my work.” R.

For forty years I wearied of that generation, and I said, 'Their hearts are astray; this people does not know my ways.' Then I took an oath in my anger, 'Never shall they enter my rest.'" R.

**Acclamation** (*Matthew 4:23*)

**Alleluia. Alleluia.** Jesus was preaching the Gospel of the kingdom and healing every infirmity among the people. **Alleluia.**

**Gospel** —————  
(*Mark 1:40-45*)

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

At that time: A leper came to Jesus begging him, and kneeling said to him, "If

you will, you can make me clean." Moved with pity, he stretched out his hand and touched him, and said to him, "I will; be clean." And immediately the leprosy left him, and he was made clean. And he sternly charged him, and sent him away at once and said to him, "See that you say nothing to any one; but go, show yourself to the priest, and offer for your cleansing what Moses commanded, for a proof to the people." But he went out and began to talk freely about it, and to spread the news so that Jesus could no longer openly enter a town, but was out in the country, and people come to him from every quarter.

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

**Prayer over the Offerings**

May your people's oblation,  
O Lord, find favour with  
you, we pray, that it may  
restore them to holiness  
and obtain what they

devoutly entreat. Through  
Christ Our Lord. **Amen.**

**Communion Antiphon**

*(Ps (35) 36:10)* **With you, O Lord, is the fountain of life, and in your light we see light.**

**Prayer after Communion**

Humbly we ask you,  
almighty God, be  
graciously pleased to grant  
that those you renew with

your Sacraments may also  
serve with lives pleasing  
to you. Through Christ our  
Lord. **Amen.**

**The Compassion  
of Christ****Commentary****Mark 1: 40-45**

In the Gospel today, Mark tells us that, Jesus was moved with compassion by a man with leprosy who came to Him begging to be healed. Jesus' compassion moved Him to take action and heal him. As His followers, we must follow the path of compassion where we are to love our neighbors and have compassion on those who are hurting or worried. This will work if we are compassionate towards one another.

***Rev. Sister Mary Nzilani, Nairobi-Kenya***



# Friday January 13

1<sup>st</sup> Week in Ordinary Time

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## **Optional Memorial**

*or* St Hilary, Bishop, Doctor,

### **Entrance Antiphon**

Upon a lofty throne, I  
saw a man seated, whom  
a host of angels adore,  
singing in unison: Behold  
him, the name of whose  
empire is eternal.

### **Collect**

Attend to the pleas of your  
people with heavenly care,  
O Lord, we pray, that they  
may see what must be done,  
and gain strength to do what  
they have seen. Through  
Christ our Lord. **Amen.**

### **Reading**

**(Hebrews 4:1-5.11)**

A reading from the Letter to  
the Hebrews

Brethren: While the  
promise of entering his rest  
remains, let us fear lest any  
of you be judged to have  
failed to reach it. For good  
news came to us just as  
to them; but the message  
which they heard did not  
benefit them, because it did  
not meet with faith in the  
hearers. For we who have  
believed enter that rest, as

he has said, “As I swore in my wrath, ‘they shall never enter my rest,’” although his works were finished from the foundation of the world. For he has somewhere spoken of the seventh day in this way, “And God rested on the seventh day from all his works.” And again in this place he said, “They shall never enter my rest” Let us therefore strive to enter that rest, that no one fall by the same sort of disobedience. The word of the Lord.  
**Thanks be to God.**

***Responsorial Psalm —  
(Psalm <sup>(77)</sup> 78:3 and  
4bc.6c-7.8)***

**R. Never forget the deeds  
of the Lord!**

The things we have heard and understood, the things our fathers have told us, but will tell them to the next generation: the glories of the Lord and his might. R.

They should rise and declare it to their children, that they should set their hope in God, and never forget God’s deeds, but keep every one of his commands, R.

So that they might not be like their fathers, a defiant and rebellious generation, a generation whose heart was fickle, whose spirit was not faithful to God. R.



**Acclamation** (*Luke 7:16*)

**Alleluia. Alleluia.** A great prophet has risen among us, and God has visited his people. **Alleluia.**

**Gospel** —————  
(*Mark 2:1-12*)**A reading from the holy Gospel according to Mark**

When Jesus returned to Capernaum after some days, it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above

him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, “Child, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this man speak like this? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they questioned like this within themselves, said to them, “Why do you question like this in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of man has authority on earth

to forgive sins” - he said to the paralytic -“I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”

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

### **Prayer over the Offerings**

May your people's oblation, O Lord, find

favour with you, we pray, that it may restore them to holiness and obtain what they devoutly entreat. Through Christ Our Lord.  
**Amen.**

### **Communion Antiphon**

*(Ps (35) 36:10)* **With you, O Lord, is the fountain of life, and in your light we see light.**

### **Prayer after Communion**

Humbly we ask you, almighty God, be graciously pleased to grant that those



Upon a lofty throne, I saw  
a man seated, whom a host  
of angels adore, singing in  
unison: Behold him, the

name of whose empire is  
eternal. **Amen.**

## A Lesson about Healing

### Commentary

Mark 2: 1-12

In the Gospel, Jesus is impressed by the faith of the man's friends as active, showing care, compassion, and friendship. He sees their effort as an act of collective faith and says to the man 'Son, your sins are forgiven'. This shows that God is willing to accept anyone who is willing to save themselves for the greater good, for themselves, and for the people around them. The question remains, do we live a life that shows we deserve this forgiveness?

***Rev. Sister Mary Nzilani, Nairobi-Kenya***



# Saturday January 14

1<sup>st</sup> Week in Ordinary Time

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## *Ferial*

or Saturday Mass of the B.V. Mary

### Entrance Antiphon

Upon a lofty throne, I saw  
a man seated, whom a host  
of angels adore, singing in  
unison: Behold him, the  
name of whose empire is  
eternal.

### Collect

Attend to the pleas of your  
people with heavenly care,  
O Lord, we pray, that they  
may see what must be  
done, and gain strength to  
do what they have seen.  
Through Christ our Lord.  
**Amen.**

### Reading

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*(Hebrews 4:12-16)*

A reading from the Letter to  
the Hebrews

Brethren: The word of God  
is living and active, sharper  
than any two-edged sword,  
piercing to the division of  
soul and spirit, of joints and  
marrow, and discerning the  
thoughts and intentions of  
the hearts. And before him no  
creature is hidden, but all are  
open and laid bare to the eyes  
of him with whom we have  
to do. Since then we have  
a great high priest who has

passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathise with our weaknesses, but one who in every respect has been tempted as we are, yet without sinning. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —***  
***(Psalm (18) 19:8.9.10.15)***

**R. Your words, Lord, are Spirit and life.**

The law of the Lord is perfect; it revives the soul. The decrees of the Lord are

steadfast; they give wisdom to the simple. **R.**

The precepts of the Lord are right; they gladden the heart. The command of the Lord is clear, it gives light to the eyes. **R.**

The fear of the Lord is pure, abiding for ever. The judgements of the Lord are true; they are, all of them, just. **R.**

May the spoken words of my mouth, the thoughts of my heart, win favour in your sight, O Lord, my rock and my redeemer! **R.**

***Acclamation (Luke 4:18)***

**Alleluia. Alleluia.** The Lord has sent me to preach good news to the poor, to proclaim release to the captives. **Alleluia.**

## ***Gospel*** ————— ***(Mark 2:13-17)***

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

At that time: Jesus went out again beside the sea; and all the crowd gathered about him, and he taught them. And as he passed on, he saw Levi the son of Alphaeus sitting at the tax office, and he said to him, “Follow me”. And he rose and followed him. And as he sat at table in his house, many tax collectors and sinners were sitting with Jesus and his disciples; for there were many who followed him. And the scribes of Pharisees, when they saw that he was eating with sinners and tax collectors, said to his disciples, “Why does he eat

with the tax collectors and sinners?” When Jesus heard it, he said to them, “Those who are well have no need of a physician, but those who are sick; I came not to call the righteous, but sinners.”

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

### **Prayer over the Offerings**

May your people's oblation,  
O Lord, find favour with you,  
we pray, that it may restore  
them to holiness and obtain  
what they devoutly entreat.  
Through Christ Our Lord.  
**Amen.**

### **Communion Antiphon**

*(Ps (35) 36:10)* **With you, O Lord, is the fountain of life, and in your light we see light.**



### Prayer after Communion

Humbly we ask you,  
almighty God, be graciously  
pleased to grant that those  
you renew with your

Sacraments may also serve  
with lives pleasing to you.  
Through Christ our Lord.  
**Amen.**

### Commentary

#### He Came to Save Sinners

Mark 2: 13-17

In the Gospel, Jesus says, “I did not come to call the righteous but sinners”. He wants us to leave behind our bad deeds and follow Him. It is to make us realize that there is no reward for sin. Thus, as His sons and daughters, it is our goal to be with Him in heaven. We cannot be saved if we keep on sinning. Our salvation can only happen if we live our life doing good deeds, helping, and inspiring others.

***Rev. Sister Mary Nzilani, Nairobi-Kenya***



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