

AFRICA

Living with Christ

GROWING UP DAILY WITH THE GOOD NEWS

Weekly LWCA

4th Week
in Ordinary Time

bayard africque

Contents

Living with Christ Jan-Feb 2024

1 Editorial

Praying with the Church

2 Pope's Prayer Intention

3-5 Focus on the Holy Mass

*THE DIFFERENT MINISTERS IN THE
EUCCHARISTIC CELEBRATION (I)*

Daily Readings and commentaries

6-14 January 28

4th Sunday in Ordinary Time

15-32 January 29-31

4th Week in Ordinary Time

6-21 February 1-3

4th Week in Ordinary Time

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: Celebration of the World
Day for Consecrated Life
Taken in Nairobi, Kenya

© Virginia Kabugu

Editorial

January 2024



Rev. Fr. Joy Senanu Kwamla Ofori-Kumeni, Ghana

Good Parenting

Parenting is a great task. Sometimes, parents give up on stubborn children, but readily respond to good children. David, Jairus and Jesus teach us what parenting entails.

Absalom, David's son, rebelled against him for the throne. He wanted his father dead, hence David had to run for his life (2 Sam 15: 14). Despite Absalom's rebellion, David wept when he died (2 Sam 19:1).

David however had consolation in Solomon his son; "When David's time to die drew near, he charged Solomon his son..." (1Kg 2:1). David died, but gave Solomon the throne. Like any good parent, Jairus sought help for his dying daughter (Mk 5:22-23). Both David and Jairus sought the welfare of their children.

All believers are also children of God. Hence, like any responsible parent, Jesus too seeks their welfare. Like David and Jesus, parents must do the best for their children. Children must also be submissive like Solomon, Jairus' daughter and not like Absalom. Those who resist good parenting, suffer at the end like Absalom.



The Pope's Prayer Intention

For the gift of diversity in the Church: We pray that the Holy Spirit may help us to recognize the gift of different charisms within the Christian community and to discover the richness of different traditions and rituals in the Catholic Church.

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

THE DIFFERENT MINISTERS IN THE EUCHARISTIC CELEBRATION (I)

Before the second Vatican Council, the priest was at the centre of the liturgy, particularly the Eucharistic celebration. Pius V Missal, which previous to the current one, states that the Mass begins when the priest is ready. In this line, the assembly was not taken into account as such. Moreover, the Mass was said in Latin, a language that the faithful was not used to. Many parts of the celebrations were recited by the priest in a low voice. The first part of the Mass that we call the liturgy of the Word these days was reserved to the priest. In one word, the faithful were attending Mass, they were not participating in it.

The second Vatican Council marked a very important moment in the history and in the liturgical practice. Far from putting the emphasis on the priest, the current Missal values the importance of the assembly. The Mass no longer starts when the priest is ready but when the assembly is gathered. The Council insists on the fact that we all form the People of God. The assembly no longer attends Mass but participates actively in it.

One of the major the liturgical principles that the second Vatican Council insists on is the active participation. The faithful are not mere assistants or viewers of what is going on in the liturgy. They are rather active participants in it since the liturgy is the action of Christ and of the Church. The Constitution on the Sacred Liturgy states the following: *Mother Church earnestly desires that all the faithful should be led to that fully conscious, and active participation in liturgical celebrations which is demanded by the very nature of the liturgy. Such participation by the Christian people as “a chosen race, a royal priesthood, a holy nation, a redeemed people (1 Pet. 2:9; cf. 2:4-5), is their right and duty by reason of their baptism (Constitution on the Sacred liturgy n. 14).*

It is important to know that the assembly is made up of various ministers. Though they all participate in the Holy Eucharist, they do not do the same thing. In other words, each minister has a specific role that he (she) plays during the Holy Mass. The priest participates in the Eucharist by presiding over it, doing what he is required to do; not more and not less; the Choir members participate in the Holy Eucharist by singing

the prescribed songs. In one word, everyone does what is in his competence. In this context, the General Instruction of the Roman Missal n.91 affirms: *All, therefore, whether ordained ministers or lay Christian faithful, in fulfilling their function or their duty, should carry out solely but totally that which pertains to them.* In the following articles, we are going to focus our attention on the different ministers and what they are asked to do in the liturgy.

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



Sunday January 28

FOURTH SUNDAY IN ORDINARY TIME

Deuteronomy 18: 15-20 / Psalm 95: 1-2. 6-7. 7-9 (8) / 1 Corinthians 7: 32-35 / Mark 1: 21-28



"Be quiet!" said Jesus sternly. "Come out of him!" (Mark 1:25)



Undivided Attention

The readings today invite us to recognize Jesus and grant him authority in our lives. In the first reading, Moses foretells the coming of a mighty prophet. He tells the Israelites that God will raise up a prophet from among them who will speak God's words to them, and they should listen to him. The question is: how do we know which of the many preachers/prophets who speak are truly speaking for God? The answer is clear that, if what the prophet says comes true, then the prophet is speaking for God. Moses warns the people that anyone who speaks in the name of other gods will be put to death. The psalm is urging us to sing joyfully to the Lord and come into his presence with thanksgiving, acknowledging him as our God. The reiterated response, "If today you hear his voice, harden not your hearts," stresses on the importance of listening to God and not turning away from him. Again, the Psalm reminds us that, it is not enough to acknowledge God with our words, but, we must also acknowledge his authority and power by the way we live. Thus, the psalmist exhorts us to hear the Lord's voice and not harden our hearts as the Israelites did in the desert. In the second reading, Paul advises the Corinthians that



Sunday January 28

it is better to remain unmarried and focused on serving the Lord, rather than being distracted by the concerns and responsibilities of marriage. He explains that the unmarried person is able to devote themselves entirely to God, while the married person must divide their time and attention between their spouse and their service to God. For him, it is not that marriage is wrong, he says, it is that singleness promotes more focused attention to the work of God. And so, for him, whether single or married, his desire is that a Christian be as totally devoted to God as Jesus was.

The Gospel recounts Jesus' visit to a synagogue in Capernaum and tells how people were amazed by the way Jesus taught with authority as well as casting out an unclean spirit from a man. This made His fame to spread throughout the region. Jesus gives us the same authority where we surrender ourselves to Him, we also can cast out demons and speak truthfully about God. The question remains, how prepared are we? We pray God to grant us unwavering faith and to teach us to trust in Him always.

Rev. Sr. Mary Nzilani, Kenya



Entrance Antiphon (*Ps 105:47*)

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

Collect

Grant us, Lord our God, that we may honour you with all our mind, and love everyone in truth of heart. Through Christ our Lord. **Amen.**

First Reading (Deuteronomy 18:15-20) —————

A reading from the Book of Deuteronomy

Moses spoke to the people, saying, “The Lord your God will raise up for you a prophet like me from among you, from your brethren— him you shall heed — just as you desired of the Lord your God at Horeb on the day of the assembly, when you said, ‘Let me not hear again the voice of the Lord my God, or see this great fire any more, lest I die.’ And the Lord said to me, ‘They have rightly said all that they have spoken. I will raise up for them a prophet like you from among their brethren; and I will put my words in his mouth, and he shall speak to them all that I command him. And whoever will not give heed to my words which he shall speak in my name, I myself will



require it of him. But the prophet who presumes to speak a word in my name which I have not commanded him to speak, or who speaks in the name of other gods, that same prophet shall die.” The word of the Lord. **Thanks be to God.**

Responsorial Psalm —————
(Psalm 95:1-2.6-7abc.7d (R. see 7d.8a))



R. O that today you would listen to his voice! Harden not your hearts.

Come, let us ring out our joy to the Lord; hail the rock who saves us.

Let us come into his presence, giving thanks; let us hail him with a song of praise. **R.**



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.

Second Reading (1 Corinthians 7:32-35) —————

A reading from the first Letter of Saint Paul to the Corinthians

Brethren: I want you to be free from anxieties. The unmarried man is anxious about the affairs of the Lord, how to please the Lord; but the married man is anxious about worldly affairs, how to please his wife, and his interests are divided. And the unmarried woman or virgin is anxious about the affairs of the Lord, how to be holy in body and spirit; but the married woman is anxious about worldly affairs, how to please her husband. I say this for your own benefit, not to lay any restraint upon you, but to promote



Sunday January 28

good order and to secure your undivided devotion to the Lord. The word of the Lord. **Thanks be to God.**

Acclamation (*Matthew 4:16*)

Alleluia. Alleluia. The people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned. **Alleluia.**

Gospel (*Mark 1:21b-28*)

A reading from the holy Gospel according to Mark

[In the city of Capernaum] on the Sabbath Jesus entered the synagogue 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 spirits, 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 of the Faithful

The following intentions are suggestions only.

R. Lord, hear our prayer.

For the Church, speaking with God's loving authority, we pray to the Lord: R.

For world leaders to act with integrity, we pray to the Lord. R.

For all who face the future with fear or uncertainty, we pray to the Lord: R.

For ourselves, gathered to hear and put into action God's healing love, we pray to the Lord: R.



Sunday January 28

Prayer over the Offerings

O Lord, we bring to your altar these offerings of our service: be pleased to receive them, we pray, and transform them into the Sacrament of our redemption. Through Christ our Lord. **Amen.**

Communion Antiphon (*Cf Ps 30:17-18*)

Let your face shine on your servant. Save me in your merciful love. O Lord, let me not be put to shame, for I call on you.

Or: Mt 5:3-4

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are the meek, for they shall possess the land.

Prayer after Communion

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



Monday January 29

4th week in Ordinary Time

Entrance Antiphon

(Ps 105:47) **Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.**

Collect

AGrant us, Lord our God, that we may honour you with all our mind, and love everyone in truth of heart. Through Christ our Lord. **Amen.**

Reading —————
(2 Samuel 15:13-14 16:5-13a)

A reading from the second

Book of Samuel

In those days: A messenger came to David, saying, “The hearts of the men of Israel have gone after Absalom.” Then David said to all his servants who were with him at Jerusalem, “Arise, and let us flee; or else there will be no escape for us from Absalom; go in haste, lest he overtake us quickly, and bring down evil upon us, and strike the city with the edge of the sword.” But David went up the ascent of the Mount of Olives, weeping as he went, barefoot and with his head covered; and all the people



who were with him covered their heads, and they went up, weeping as they went. When King David came to Bahurim, there came out a man of the family of the house of Saul, whose name was Shimei, the son of Gera; and as he came he cursed continually. And he threw stones at David, and at all the servants of King David; and all the people and all the mighty men were on his right hand and on his left. And Shimei said as he cursed, “Begone, begone, you man of blood, you worthless fellow! The Lord has avenged upon you all the blood of the house of Saul, in whose place you have reigned; and the Lord has given the kingdom into the hand of your son Absalom. See, your ruin is

on you; for you are a man of blood.” Then Abishai the son of Zeruiah said to the king, “Why should this dead dog curse my lord the king? Let me go over and take off his head.” But the king said, “What have I to do with you, you sons of Zeruiah? If he is cursing because the Lord has said to him, ‘Curse David,’ who then shall say, ‘Why have you done so?’” And David said to Abishai and to all his servants, “Behold, my own son seeks my life; how much more now may this Benjaminite! Let him alone, and let him curse; for the Lord has bidden him. It may be that the Lord will look upon my affliction, and that the Lord will repay me with good for this cursing of me today.” So



David and his men went on the road.

The word of the Lord.
Thanks be to God.

***Responsorial Psalm*——**
(Psalm 3:2-34-
5.6-7 (R. 7c))

R. Arise, Lord, save me.

How many are my foes,
O Lord! How many are
rising up against me! How
many are saying about me,
“There is no help for him in
God.” R

But you, Lord, are a
shield about me, my glory,
who lift up my head. I cry
aloud to the Lord. From his
holy mountain he answers
me. R

I lie down, I sleep and I
wake, for the Lord upholds
me. I will not fear even

thousands of people who
are ranged on every side
against me. Arise, Lord;
save me, my God. R

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

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

***Gospel*——**
(Mark 5:1-20)

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

At that time: Jesus and
his disciples came to the
other side of the sea, to the
country of the Gerasenes.
And when he had come
out of the boat, there met
him out of the tombs a man
with an unclean spirit, who
lived among the tombs; and



Monday January 29

no one could bind him any more, even with a chain; for he had often been bound with shackles and chains, but the chains he wrenched apart, and the shackles he broke in pieces; and no one had the strength to subdue him. Night and day among the tombs and on the mountains he was always crying out, and bruising himself with stones. And when he saw Jesus from afar, he ran and worshipped him; and crying out with a loud voice, he said, "What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me." For he had said to him, "Come out of the man, you unclean spirit!" And Jesus asked him, "What is your name?" He replied, "My name is

Legion; for we are many." And he begged him eagerly not to send them out of the country. Now a great herd of swine was feeding there on the hillside; and they begged him, "Send us to the swine, let us enter them." So he gave them leave. And the unclean spirits came out, and entered the swine; and the herd, numbering about two thousand, rushed down the steep bank into the sea, and were drowned in the sea. The herdsmen fled, and told it in the city and in the country. And people came to see what it was that had happened. And they came to Jesus, and saw the demoniac sitting there, clothed and in his right mind, the man who had had the legion; and they were afraid. And those who



had seen it told what had happened to the demoniac and to the swine. And they began to beg Jesus to depart from their neighbourhood. And as he was getting into the boat, the man who had been possessed with demons begged him that he might be with him. But he refused, and said to him, "Go home to your friends, and tell them how much the Lord has done for you, and how he has had mercy on you." And he went away and began to proclaim in the Decapolis how much Jesus had done for him; and all men marvelled. The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Prayer over the Offerings

O Lord, we bring to your altar these offerings of our service: be pleased to receive them, we pray, and transform them into the Sacrament of our redemption. Through Christ our Lord. **Amen.**

Communion Antiphon

(Cf Ps 30:17-18) **Let your face shine on your servant. Save me in your merciful love. O Lord, let me not be put to shame, for I call on you.**

Or: Mt 5:3-4

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are the meek, for they shall possess the land.

Prayer after Communion

Nourished by these redeeming gifts, we pray, O

Lord, that through this help to eternal salvation true faith may ever increase. Through Christ our Lord. **Amen.**

Jesus and the Afflicted Man

Commentary

Mark 5: 1-20

In today's readings, we see Jesus' encounter with Demons which were seemingly sent to oppose His work and cause disturbances for His message not reach people. This is a reminder that Satan and demons are very real and are active in this world working against God, church, and believers. Thus, we should not be surprised to face opposition and this calls us to be alert by being careful to avoid any potential temptations for we cannot hope to win the spiritual warfare against Satan by our own power but by turning to the Lord through prayer and the Word.

Rev. Sr. Mary Nzilani, Kenya



Tuesday January 30

4th week in Ordinary Time

Entrance Antiphon

(Ps 105:47) Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.

Collect

Grant us, Lord our God, that we may honour you with all our mind, and love everyone in truth of heart. Through Christ our Lord. Amen.

Reading —————
(2 Samuel 18:9-10.14b.24-25a.30—19:3)

A reading from the second Book of Samuel

In those days: Absalom chanced to meet the servants of David. Absalom was riding upon his mule, and the mule went under the thick branches of a great oak, and his head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. And a certain man saw it, and told Joab, "Behold, I saw Absalom hanging in an oak." And

Joab took three darts in his hand, and thrust them into the heart of Absalom. Now David was sifting between the two gates; and the watchman went up to the roof of the gate by the wall, and when he lifted up his eyes and looked, he saw a man running alone. And the watchman called out and told the king. And the king said, "If he is alone, there are tidings in his mouth." And the king said, "Turn aside, and stand here." So he turned aside, and stood still. And behold, the Cushite came; and the Cushite said, "Good tidings for my lord the king! For the Lord has delivered you this day from the power of all who rose up against you." The king said to the Cushite, "Is it well with the

young man Absalom?" And the Cushite answered, "May the enemies of my lord the king, and all who rise up against you for evil, be like that young man." And the king was deeply moved, and went up to the chamber over the gate, and wept; and as he wept, he said, "O my son Absalom, my son, my son Absalom! Would I had died instead of you, O Absalom, my son, my son!" It was told Joab, "Behold, the king is weeping and mourning for Absalom." So the victory that day was turned into mourning for all the people; for the people heard that day, "The king is grieving for his son." And the people stole into the city that day as people steal in who are ashamed when they flee in battle.



The word of the Lord.
Thanks be to God.

and attend to my voice in
supplication. *R.*

***Responsorial Psalm —
(Psalm 86:1-2.3-4.5-6 (R.
1a))***

R. Turn your ear, O Lord,
and answer me.

Turn your ear, O Lord,
and answer me, for I am
poor and needy. Preserve
my soul, for I am faithful;
save the servant who trusts
in you, my God. *R.*

Have mercy on me, O
Lord, for I cry to you all the
day long. Gladden the soul
of your servant, for I lift up
my soul to you, O Lord. *R.*

O Lord, you are good
and forgiving, full of mercy
to all who call to you. Give
ear, O Lord, to my prayer,

Acclamation

(Matthew 8:17)

Alleluia. Alleluia. Christ
took our infirmities and
bore our diseases. **Alleluia.**

Gospel —

(Mark 5:21-43)

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

At that time: When Jesus
had crossed again in the
boat to the other side, a
great crowd gathered about
him; and he was beside the
sea. Then came one of the
rulers of the synagogue,
Jairus by name; and seeing
him, he fell at his feet, and
begged him, saying, “My
little daughter is at the

point of death. Come and lay your hands on her, so that she may be made well, and live." And he went with him. And a great crowd followed him and thronged about him. And there was a woman who had had a flow of blood for twelve years, and who had suffered much under many physicians, and had spent all that she had, and was no better but rather grew worse. She had heard the reports about Jesus, and came up behind him in the crowd and touched his garment. For she said, "If I touch even his garments, I shall be made well." And immediately the haemorrhage ceased; and she felt in her body that she was healed of her disease. And Jesus, perceiving in himself that power had

gone forth from him, immediately turned about in the crowd, and said, "Who touched my garments?" And his disciples said to him, "You see the crowd pressing around you, and yet you say, 'Who touched me?'" And he looked around to see who had done it. But the woman, knowing what had been done to her, came in fear and trembling and fell down before him, and told him the whole truth. And he said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease." While he was still speaking, there came from the ruler's house some who said, "Your daughter is dead. Why trouble the Teacher any further?" But ignoring what they said, Jesus said to the ruler of the synagogue,



“Do not fear, only believe.” And he allowed no one to follow him except Peter and James and John the brother of James. When they came to the house of the ruler of the synagogue, he saw a tumult, and people weeping and wailing loudly. And when he had entered, he said to them, “Why do you make a tumult and weep? The child is not dead but sleeping.” And they laughed at him. But he put them all outside, and took the child’s father and mother and those who were with him, and went in where the child was. Taking her by the hand he said to her, “Talitha cumi”; which means, “Little girl, I say to you, arise.” And immediately the girl got up and walked; for she was twelve years old. And immediately they were

overcome with amazement. And he strictly charged them that no one should know this, and told them to give her something to eat. The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Prayer over the Offerings

O Lord, we bring to your altar these offerings of our service: be pleased to receive them, we pray, and transform them into the Sacrament of our redemption. Through Christ our Lord. **Amen.**

Communion Antiphon

(Cf Ps 30:17-18) **Let your face shine on your servant. Save me in your merciful love. O Lord, let me not be put to shame, for I call on you.**

Or: Mt 5:3-4

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are the meek, for they shall possess the land.

Prayer after Communion

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

Jesus' Lessons on Faith

Commentary

Mark 5: 21-43

The Gospel is giving us a view of life a disciple must be. Jesus' life, along with his death, grants life-changing healing authority that crosses boundaries be it ethnic or gender. He chooses not to leave people in the conditions in which he finds them. And so, what we need to do is to come to Him with only our faith because we know we have nothing else to give him as well as to trust in Him to rescue us. This will work if we are able to follow his directions and to throw away our self-righteousness and self-reliance so be able to act on our faith in him.

Rev. Sr. Mary Nzilani, Kenya



Wednesday January 31

4th week in Ordinary Time

Memorial

St. John Bosco, priest

Entrance Antiphon

(Cf. Ps 132:9) **Your priests, O Lord, shall be clothed with justice; your holy ones shall ring out their joy.**

Collect

O God, who raised up the Priest Saint John Bosco as a father and teacher of the young, grant, we pray, that, aflame with the same fire of love, we may seek out souls and serve you alone. Through Christ our Lord. **Amen.**

Reading

(2 Samuel 24:2.9-17)

A reading from the second Book of Samuel

In those days: King David said to Joab and the commanders of the army, who were with him, “Go through all the tribes of Israel, from Dan to Beersheba, and number the people, that I may know the number of the people.” And Joab gave the sum of the numbering of the people to the king: in Israel there were

eight hundred thousand valiant men who drew the sword; and the men of Judah were five hundred thousand. But David's heart struck him after he had numbered the people. And David said to the Lord, "I have sinned greatly in what I have done. But now, O Lord, I pray you, take away the iniquity of your servant; for I have done very foolishly." And when David arose in the morning, the word of the Lord came to the prophet Gad, David's seer, saying, "Go and say to David, 'Thus says the Lord, Three things I offer you; choose one of them, that I may do it to you.'" So Gad came to David and told him, and said to him, "Shall three years of famine come to

you in your land? Or will you flee three months before your foes while they pursue you? Or shall there be three days' pestilence in your land? Now consider, and decide what answer I shall return to him who sent me." Then David said to Gad, "I am in great distress; let us fall into the hand of the Lord, for his mercy is great; but let me not fall into the hand of man." So the Lord sent a pestilence upon Israel from the morning until the appointed time; and there died of the people from Dan to Beersheba seventy thousand men. And when the angel stretched forth his hand towards Jerusalem to destroy it, the Lord repented of the evil, and said to the angel who

was working destruction among the people, “It is enough; now stay your hand.” And the angel of the Lord was by the threshing floor of Araunah the Jebusite. Then David spoke to the Lord when he saw the angel who was striking down the people, and said, “Behold, I have sinned, and I have done wickedly; but these sheep, what have they done? Let your hand, I pray you, be against me and against my father’s house.”
The word of the Lord.
Thanks be to God.

***Responsorial Psalm —
(Psalm 32:1-25.6.7)***

***R. O Lord, forgive the guilt
of my sin***

Blessed is he whose transgression is forgiven, whose sin is remitted. Blessed the man to whom the Lord imputes no guilt, in whose spirit it is no guile. *R.*

To you I have acknowledged my sin; my guilt I did not hide. I said, “I will confess my transgression to the Lord.” And you have forgiven the guilt of my sin. *R.*

So let each faithful one pray to you in the time of need. The floods of water may reach high, but such a one they shall not reach. *R.*

You are a hiding place for me; you keep me safe from distress; you surround me with cries of deliverance. R.

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 6:1-6*)

A reading from the holy Gospel according to Mark

At that time: Jesus came to his own country; and his disciples followed him. And on the sabbath he began to teach in the synagogue; and many who heard him were astonished, saying,

“Where did this man get all this? What is the wisdom given to him? What mighty works are wrought by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?” And they took offence at him. And Jesus said to them, “A prophet is not without honour, except in his own country, and among his own kin, and in his own house.” And he could do no mighty work there, except that he laid his hands upon a few sick people and healed them. And he marvelled because of their unbelief. And he went about among the villages teaching.
The Gospel of the Lord.



Praise to you, Lord Jesus Christ.

Prayer over the Offerings

Receive, O Lord, we pray, the offerings placed on your altar in commemoration of blessed Saint John Bosco, so that as you brought him glory you may, through these sacred mysteries, grant to us your pardon. Through Christ our Lord. **Amen.**

Communion Antiphon

(Mt 24:46-47) **Blessed is the servant whom the Lord finds watching**

when he comes. Amen I say to you, He will put that servant in charge of all his property.

Or: Lk 12:42

This is the steward, faithful and prudent, whom the Lord put in charge of his servants to distribute their allowance of food at the proper time.

Prayer after Communion

May partaking at the heavenly table, almighty God, confirm and increase strength from on high in all

who celebrate the feast of blessed Saint John Bosco, that we may preserve in integrity the gift of faith

and walk in the path of salvation you trace for us. Through Christ our Lord. **Amen.**

Jesus Experiences Rejection

Commentary

Mark 6: 1-6

In today's gospel, we find that the friends of Jesus' family have trouble coping with him. They admit that his teaching manifests substantial wisdom and also recognizes his power as a healer. We may ask; why was Jesus rejected in His hometown? The townspeople's lack of faith led to all these. Jesus is unable to perform any mighty deeds among them. At times, we may be like Jesus, bringing the wisdom and power of God to our communities only to be rejected. May St. John Bosco intercede for us for the grace to persevere in all we face in our ministry.

Rev. Sr. Mary Nzilani, Kenya



Thursday February 1

4th week in Ordinary Time

Entrance Antiphon

(Ps 105:47) **Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.**

Collect

Grant us, Lord our God, that we may honour you with all our mind, and love everyone in truth of heart. Through Christ Our Lord. **Amen.**

Reading

(1 Kings 2:1-4.10-12)

A reading from the first Book of Kings

When David's time to die drew near, he charged Solomon his son, saying, "I am about to go the way of all the earth. Be strong, and show yourself a man, and keep the charge of the Lord your God, walking in his ways and keeping his statutes, his commandments, his ordinances, and his testimonies, as it is written in the law of Moses, that you may prosper in all that you do and wherever you turn; that the Lord may establish his

word which he spoke concerning me, saying, 'If your sons take heed to their way, to walk before me in faithfulness with all their heart and with all their soul, there shall not fail you a man on the throne of Israel.' Then David slept with his fathers, and was buried in the city of David. And the time that David reigned over Israel was forty years; he reigned seven years in Hebron, and thirty-three years in Jerusalem. So Solomon sat upon the throne of David his father; and his kingdom was firmly established. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —
(1 Chronicles 29: 10b.
11ab. 11d-12a.12bcd)***

R. O Lord, you rule over all.

Blessed are you, O Lord, the God of Israel our father, forever and ever. *R.*

Yours, O Lord, is the greatness, and the power, and the glory, and the victory, and the majesty; for all that is in the heavens and in the earth is yours. *R.*

You are exalted as head above all Both riches and honour come from you. *R.*

You rule over all. In your hand are power and might; and in your hand it is to make great and to give strength to all. *R.*

Acclamation (*Mark 1:15*)

Alleluia. Alleluia. The kingdom of God is at hand; repent, and believe in the Gospel. **Alleluia.**

Gospel —————
(*Mark 6:7-13*)**A reading from the holy Gospel according to Mark**

At that time: Jesus called to him the Twelve, and began to send them out two by two, and gave them authority over the unclean spirits. He charged them to take nothing for their journey except a staff no bread, no bag, no money in their belts; but to wear sandals and not put on two tunics. And he said to them, “Where you enter a house, stay there until you leave the place. And if any place will not

receive you and they refuse to hear you, when you leave, shake off the dust that is on your feet for a testimony against them.” So they went out and preached that men should repent. And they cast out many demons, and anointed with oil many that were sick and healed them. The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Prayer over the Offerings

O Lord, we bring to your altar these offerings of our service: be pleased to receive them, we pray, and transform them into the sacrament of our redemption. Through Christ our Lord. **Amen.**

Communion Antiphon

(*Psalm 30:17-18*) **Let your face shine on your**

servant. Save me in your merciful love. O Lord, let me not be put to shame, for I call on you.

Prayer after Communion

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

The sending of the twelve

Commentary

Mk 6: 7-13

Today we hear Jesus telling the twelve to take nothing but a staff and sandals. He prohibits them not only frivolous items, but also essential ones. The disciples are to proceed without adequate preparation, trusting people for hospitality but, above all, trusting God to provide for their needs. Jesus gave them both the power and the authority to speak and to act in his name. It is here He teaches us to use the authority and power we have for the good of our neighbor. What kind of authority and power does the Lord want me/you to exercise on his behalf?

Rev. Sr. Mary Nzilani, Kenya



Friday February 2

4th week in Ordinary Time

Feast

Presentation of the Lord

Entrance Antiphon

(Cf. Ps 48:10-11) **Your merciful love, O God, we ponder in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.**

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

Collect

Almighty ever-living God, we humbly implore your majesty that, just as your

Only Begotten Son was presented on this day in the Temple in the substance of our flesh, so, by your grace, we may be presented to you with minds made pure. Through Christ our Lord. **Amen.**

First Reading —————
(*Malachi 3:1-4*)

A reading from the Book of the Prophet Malachi.

Thus says the Lord God
Behold I send my messenger
to prepare the way before
me, and the Lord whom you

seek will suddenly come to his temple, the messenger of the covenant in whom you delight, behold, he is coming, says the Lord of hosts. But who can endure the day of his coming, and who can stand when he appears? For he is like a refiner's fire and like fullers' soap; he will sit as a refiner and purifier of silver, and he will purify the sons of Levi and refine them like gold and silver, till they present right offerings to the Lord. Then the offering of Judah and Jerusalem will be pleasing to the Lord as in the days of old and as in former years." The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —
(Psalm 24:7.8.9.10 (R. cf
10bc))***

**R. The Lord of hosts, he is
the king of glory!**

O gates, lift high your heads; grow higher, ancient doors. Let him enter, the king of glory! R.

Who is this king of glory? The Lord, the mighty, the valiant; the Lord, the valiant in war. R.

O gates, lift high your heads; grow higher, ancient doors. Let him enter, the king of glory! R.

Who is this king of glory? He, the Lord of hosts, he is the king of glory. R.

Second 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 the 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.**

Acclamation (Luke 2:32)

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

Gospel —————
(Luke 2:22-40)

**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 soul also), that thoughts out of many hearts may be revealed.” And there was a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher; she was of a great age, having lived with her husband seven

years from her virginity, and as a widow till she was eighty-four. She did not depart from the temple, worshipping with fasting and prayer night and day. And coming up at that very hour she gave thanks to God, and spoke of him to all who were looking for the redemption of Jerusalem. And when they had performed everything according to the law of the Lord, they returned into Galilee, to their own city, Nazareth. And the child grew and became strong, filled with wisdom; and the favour of God was upon him. The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Shorter form: Luke 2:22-32. Read between*.

When this Feast falls on a Sunday, the Creed is said.

Prayer over the Offerings

May the offering made with exultation by your Church be pleasing to you, O Lord, we pray, for you willed that your Only Begotten Son be offered to you for the life of the world as the Lamb without blemish. Who lives and reigns for ever and ever. **Amen.**

Preface: The mystery of the Presentation 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 your co-eternal Son was presented on this day in the Temple and revealed by the Spirit as the glory of Israel and Light of the nations. And so, we, too, go forth, rejoicing to encounter your Salvation, and with the Angels and Saints praise you, as without end we acclaim: **Holy, Holy, Holy** Lord God of hosts...

Communion Antiphon

(Lk 2:30-31) **My eyes have seen your salvation, which you prepared in the sight of all the peoples.**

Prayer after Communion

By these holy gifts which we have received, O Lord, bring your grace to perfection within us, and, as you fulfilled Simeon's expectation that he would not see death until he had been privileged to welcome

the Christ, so may we, going forth to meet the Lord, obtain the gift of eternal life. Through Christ our Lord. **Amen.**

He is our Light

Commentary

**Mal 3: 1-4/ Ps 24: 7. 8. 9.
10/ / Lk 2: 22-40**

The readings today help us to understand that, Jesus is the light of our lives. The first reading heralds His coming into his Temple, the Gospel show him present and the Second affirms His entry as High Priest to offer sacrifice for the expiation of our sins. Simeon and Anna were able to meet the baby Jesus for they were holy. Many of us still hide away from God, living a kind of life that can block Him from meeting us, thus, no personal encounter with Him. We pray the Holy Spirit to guide us in our desire for holiness.

Rev. Sr. Mary Nzilani, Kenya



Saturday February 3

4th week in Ordinary Time

Ferial

Or: St Blaise, (Optional memorial)

Or: St Ansgar, (Optional memorial)

Or: Saturday mass of the B.V. Mary

Entrance Antiphon

(Ps 105:47) **Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.**

Collect

Grant us, Lord our God, that we may honour you with all our mind, and love everyone in truth of heart. Through Christ our Lord. **Amen.**

Reading

(1 Kings 3:4-13)

A reading from the first Book of Kings

In those days: Solomon went to Gibeon to sacrifice there, for that was the great high place; Solomon used to offer a thousand burnt offerings upon that altar. At Gibeon the Lord appeared to Solomon in a dream by night; and God said, "Ask what I shall

give you.” And Solomon said, “You have shown great and merciful love to your servant David my father, because he walked before you in faithfulness, in righteousness, and in uprightness of heart towards you; and you have kept for him this great and merciful love, and have given him a son to sit on his throne this day. And now, O Lord my God, you have made your servant king in place of David my father, although I am but a little child; I do not know how to go out or come in. And your, servant is in the midst of your people whom you have chosen, a great people, that cannot be numbered or counted for multitude. Give your servant therefore an understanding mind to

govern your people, that I may discern between good and evil; for who is able to govern this great people of yours?” It pleased the Lord that Solomon had asked this. And God said to him, “Because you have asked this, and have not asked for yourself long life or riches or the life of your enemies, but have asked for yourself understanding to discern what is right, behold, I now do according to your word. Behold, I give you a wise. and discerning mind, so that none like you has been before you and none like you shall arise after you. I give you also what you have not asked, both riches and honour, so that no other king shall compare with you, all your days.” The

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

***Responsorial Psalm —
(Psalm 119:9.10.11.12.
(R. 12b))***

R. O Lord, teach me your statutes.

How shall a youth remain pure on his way? By obeying your word. R.

I have sought you with all my heart; let me not stray from your commands. R.

I treasure your word in my heart, lest I sin against you. R.

Blest are you, O Lord; teach me your statutes. R.

With my lips have I recounted all the decrees of your mouth. R.

I rejoice in the way of your precepts, as though all riches were mine. R.

***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 6:30-34)***

A reading from the holy Gospel according to Mark

At that time: The apostles returned to Jesus, and told him all that they had done and taught. And he said to them, “Come away by yourselves to a lonely place, and rest a while.” For many were coming and going,

and they had no leisure even to eat. And they went away in the boat to a lonely place by themselves. Now many saw them going, and knew them, and they ran there on foot from all the towns, and got there ahead of them. As he landed he saw a great throng, and he had compassion on them, because they were like sheep without a shepherd; and he began to teach them many things.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Prayer over the Offerings

O Lord, we bring to your altar these offerings of

our service: be pleased to receive them, we pray, and transform them into the Sacrament of our redemption. Through Christ our Lord. **Amen.**

Communion Antiphon

(Cf Ps 30:17-18) **Let your face shine on your servant. Save me in your merciful love. O Lord, let me not be put to shame, for I call on you.**

Or: Mt 5:3-4

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are the meek, for they shall possess the land.

Prayer after Communion

Nourished by these redeeming gifts, we pray, O Lord, that through this help to eternal salvation true

faith may ever increase. Through Christ our Lord. **Amen.**

Having Compassion for Others

Commentary

Mk 6: 30-34

In the Gospel, we see a clear vision of Jesus heart through His interaction with His disciples and His reaction to a persistent crowd. Thus, the goal today is for you to see the Lord's compassion for people and to allow the Holy Spirit to begin or continue His work in your life to be more compassionate toward those in your life. For this to work, we need to be refreshed, strengthened and inspired by Him. The question remains, do I/you have time to rest and especially for reflection so to be able to move on with energy to serve Him through others?

Rev. Sr. Mary Nzilani, Kenya



Publisher: Cédric BLOQUET
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. Jérôme K. M. KOMBI; Rev. Sr. Mary NZILANI.

Digital

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**



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



Facebook : **Living with Christ Africa**



Tiktok



YouTube

Growing up Daily with the Good News