

AFRICA

Living with Christ

GROWING UP DAILY WITH THE GOOD NEWS

Weekly LWCA

5th Week in
Ordinary Time

bayard afrique



AFRICA ● 4-10 February 2024 ● Digital n°71

Contents

Living with Christ February 2024

1 Editorial

Praying with the Church

2 Pope's Prayer Intention

3-5 Focus on the Holy Mass

*The Duties of the Ordained Ministers
During the Holy Mass*

Daily Readings and commentaries

6-14 February 4

5th Sunday in Ordinary Time

15-45 February 5-10

5th 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: St. Josephine Bakhita

© Ciric

Editorial

February 2024



Rev. Fr. Paluku Meso Jean-Marie, Kenya

February, a month of love, hope and reconciliation

This year, the month of February carries the spirit of hope, love and reconciliation. As we navigate this month, we are reminded of the profound love of Christ for us.

Entering the season of Lent provides a unique opportunity for us to immerse into the depths of this divine love that led Christ to the cross. Throughout this season, Christ calls us to turn away from sin and embrace the love and mercy He extended to us.

In our daily lives, let us intentionally cultivate the virtues of love, kindness, and compassion. Christ's directive to love encompasses our neighbors, friends, and even those we may find challenging to love. May our actions and words reflect the love of God, and may we grow in holiness and grace.

The hope of Lent is found in looking forward to Easter, where we celebrate Christ's resurrection. This joyful event shows that hope triumphs over despair and life conquers death. It assures us that, through Christ, we are promised eternal life.



The Pope's Prayer Intention

For the terminally ill: We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

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

The Duties of the Ordained Ministers During the Holy Mass

In this article I would like to focus on the duties of the ordained ministers during the Eucharistic celebration. It is important to know that the sacrament of Holy Orders includes the episcopate (bishop), the presbyterate (priest) and the diaconate (deacon). We will put an emphasis on what they all can do before focusing on what is reserved to each one of them.

Only ordained ministers venerate the Altar by kissing it at the beginning of the Holy Mass. Kissing the Altar is a very meaningful sign. The Altar symbolises Christ himself who convokes the Community. Therefore, they need to have to enter into a profound relationship with Him who is the first actor of every liturgical action. Therefore, the kissing of the Altar at the beginning of the holy Mass can be interpreted as a way of acknowledging the presence of Christ in the Community and declaring that nothing can be done without him. At the end of the Mass, the kissing of the Alter is like a thanksgiving

to Christ for all the graces that he has bestowed on the Community.

Ordained ministers are the only ones who recite the Apologies. Apologies are the prayers that the ministers recite quietly. For instance, during the offertory when the priest washes his hands, he recites the following apology quietly: ***Wash me, O Lord, from my iniquity and cleanse me from my sin.*** Through the apologies, the ministers recognise their worthlessness before God and ask for a special grace so that they may carry out properly their ministry.

Let us now point out some specific liturgical roles that are linked to these three levels of ordination. It is important to know that a ministry does not suppress another. A bishop is still a priest and a deacon and a priest; a priest is still a deacon. Therefore, whatever a deacon can do in the Eucharistic celebration, a priest and a bishop can do it too.

To the bishop is reserved the ordinations: diaconal ordination, priestly ordination and episcopal ordination. In the case of the episcopal ordination, there is need for

three bishops: the presiding bishop is called *Consecrator* and the other two are *Co-consecrators*. Therefore, a catholic priest cannot ordain. He cannot even be delegated by the bishop. Moreover, ordinary minister of the Sacrament of confirmation is the bishop. But for this sacrament, he can delegate to a priest.

The priest is an ordinary minister of the Holy Eucharist. He celebrates an ordinary Mass. He celebrates all the sacraments except the Holy Orders. In the Eucharistic celebration, the deacon doesn't have anything that is reserved for him as far as the Holy orders are concerned. But when he is present at the celebration of the Eucharist, he has three major roles to play according to the General Instruction of the Roman Missal: a. He assists the priest and walks at his side, b. He ministers at the Altar, both as regards to the chalice and the book (Missal), c. He proclaims the Gospel and may, at the direction of the priest celebrant, give the homily. Generally, at the end of the holy Mass, he is the one dismissing the assembly.

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



Sunday February 4

Fifth Sunday In Ordinary Time

*Job 7: 1-4. 6-7 / Psalm 147: 1-2. 3-4. 5-6 / 1 Corinthians 9: 16-19.
22-23 / Mark 1: 29-39*



....“Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.” (Mark 1:38)



Our Mission is to evangelize

Jesus tells the apostles that they should go into the other villages to preach there also. His mission is to evangelize, to bring the Good News to the ends of the earth, through the Apostles and the Christians of all times. This is the mission of the Church, which fulfils the Lord's command to preach to all nations.

In the Acts of the Apostles, we find many details of that first evangelization; on the very day of Pentecost, St. Peter preaches the divinity of Jesus Christ, his redemptive Death and glorious Resurrection. St Paul, quoting the Prophet Isaiah, exclaims enthusiastically: "How beautiful are the feet of those who preach the Good News!?" We all have the responsibility of this joyful proclamation of the truth that saves:

St. John Chrysostom was quick to dismiss possible excuses that we could have for this most pleasant obligation: "There is nothing colder than a Christian who does not care for the salvation of others (...). Do not say: I cannot help them, because if you are a true Christian it is impossible that you cannot do it. The properties of natural things cannot



Sunday February 4

be denied: the same is true of this that we affirm, for it is in the nature of a Christian to act in this way (...). It is easier for the sun not to shine and not to heat than for a Christian to cease to give light; easier than this would be for the light to be darkness. Do not say that it is an impossible thing; the impossible thing is the opposite (...). If we order our conduct well, everything else will follow as a natural consequence. The light of Christians cannot be hidden, a lamp that shines so brightly cannot be hidden". Let us ask ourselves: in our environment, in the place where we live and work, are we true transmitters of faith? Do we urge our friends to a greater frequency of sacraments. Do we see all this as a requirement of our Christian calling, and feel the same responsibility as those first ones? The need is no less today; it is a duty that is incumbent upon me. Woe to me if I do not evangelize!

Rev. Fr. Silvano Ochuodho, Kenya



Entrance Antiphon (*Ps 94:6-7*)

O come, let us worship God, and bow low before the God who made us, for he is the Lord our God.

The Gloria in excelsis (*Glory to God in the highest*) **is not said**

Collect

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Through Christ our Lord. **Amen.**

First Reading (*Job 7:1-4.6-7*)

A reading from the Book of Job

Job spoke, saying: “Has not man a hard service upon earth, and are not his days like the days of a hireling? Like a slave who longs for the shadow, and like a hireling who looks for his wages, so I am allotted months of emptiness, and nights of misery are apportioned to me. When I lie down I say, ‘When shall I arise?’ But the night is long, and I am full of tossing till the dawn. “My days are swifter than a weaver’s shuttle, and come to their end without hope.



“Remember that my life is a breath; my eye will never again see good.” The word of the Lord. **Thanks be to God.**

Responsorial Psalm _____
(Psalm 147:1-2.3-4.5-6 (R. see 3a))



R. Praise the Lord who heals the broken-hearted.
Or: Alleluia.

How good to sing psalms to our God; how pleasant to chant fitting praise!

The Lord builds up Jerusalem
and brings back Israel's exiles. **R.**

He heals the broken-hearted; he binds up all their wounds.
He counts out the number of the stars; he calls each one by its name. **R.**



Our Lord is great and almighty;
his wisdom can never be measured. The Lord lifts up the
lowly;

he casts down the wicked to the ground. R.

Second Reading (1 Corinthians 9:16-19,22-23)——

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

Brethren: If I preach the Gospel, that gives me no ground for boasting. For necessity is laid upon me. Woe to me if I do not preach the Gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my preaching I may make the Gospel free of charge, not making full use of my right in the Gospel. For though I am free from all men, I have made myself a slave to all, that I might win the more. To the weak I became weak, that I might win the weak. I have become all things to all men, that I might by all means save some. I do it all for the sake of the Gospel, that I may share in its blessings. The word of the Lord. **Thanks be to God.**



Sunday February 4

Acclamation (*Matthew 8:17*)

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

Gospel (*Mark 1:29-39*)

A reading from the holy Gospel according to Mark

At that time: Leaving the synagogue, Jesus 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 of the Faithful

The following intentions are suggestions only.

R. Lord, hear our prayer.

For all witnesses to the Gospel, called to proclaim the Good News of God's love, we pray to the Lord: R.

For leaders of nations, called to respond to suffering in our world, we pray to the Lord: R.

For all who work in healing professions, called to alleviate suffering, we pray to the Lord: R.

For ourselves, the People of God, called to follow Christ in service, prayer and witness, we pray to the Lord: R.

Prayer over the Offerings

O Lord, our God, who once established these created things to sustain us in our frailty, grant; we pray, that they may become for us now the Sacrament of eternal life. Through Christ our Lord. **Amen.**



Sunday February 4

Communion Antiphon (*Cf. Ps 106:8-9*)

Let them thank the Lord for his mercy, his wonders for the children of men; for he satisfies the thirsty soul, and the hungry he fills with good things.

Or: Mt 5:5-6

Blessed are those who mourn, for they shall be consoled. Blessed are those who hunger and thirst for righteousness, for they shall have their fill.

Prayer after Communion

O God, who have willed that we be partakers in the one bread and the one chalice, grant us, we pray, so to live that, made one in Christ, we may joyfully bear fruit for the salvation of the world. Through Christ our Lord.

Amen.



Monday February 5

5th Week in Ordinary Time

Memorial

St. Agatha, virgin and martyr

Entrance Antiphon

Behold, now she follows the Lamb who was crucified for us, powerful in virginity, modesty her offering, a sacrifice on the altar of chastity

compassion for us, O Lord, we pray, for she found favour with you by the courage of her martyrdom and the merit of her chastity. Through Christ our Lord. **Amen.**

Or:

Blessed is the virgin who by denying herself and taking up her cross imitated the Lord, the spouse of virgins and prince of martyrs

Reading ————— **(1 Kings 8:1-7.9-13)**

A reading from the first Book of Kings

Collect

May the Virgin Martyr Saint Agatha implore your

In those days: Solomon assembled the elders of Israel and all the heads of the tribes, the leaders of



the fathers' houses of the sons of Israel, before King Solomon in Jerusalem, to bring up the ark of the covenant of the Lord out of the city of David, which is Zion. And all the men of Israel assembled to King Solomon at the feast in the month Ethanim, which is the seventh month. And all the elders of Israel came, and the priests took up the ark. And they brought up the ark of the Lord, the tent of meeting, and all the holy vessels that were in the tent; the priests and the Levites brought them up. And King Solomon and all the congregation of Israel, who had assembled before him, were with him before the ark, sacrificing so many sheep and oxen that they could not be counted or

numbered. Then the priests brought the ark of the covenant of the Lord to its place, in the inner sanctuary of the house, in the most holy place, underneath the wings of the cherubim. For the cherubim spread out their wings over the place of the ark, so that the cherubim made a covering above the ark and its poles. There was nothing in the ark except the two table of stone which Moses put there at Horeb, where the Lord made a covenant with the sons of Israel, when they came out of the land of Egypt. And when the priests came out of the holy place, a cloud filled the house of the Lord, so that the priests could not stand to minister because of the cloud; for the glory



of the Lord filled the house of the Lord. Then Solomon said, “The Lord has set the sun in the heavens, but has said that he would dwell in thick darkness. I have built you an exalted house, a place for you to dwell in for ever.” The word of the Lord.
Thanks be to God.

***Responsorial Psalm*——
(Psalm 132:6-7.8-10 (R. 8a))**

R. Go up, Lord, to the place of your rest.

At Ephrata we heard of it; we found it in the plains of Yearim. “Let us go to the place of his dwelling; let us bow down at his footstool.” R.

Go up, Lord, to the place of your rest, you and the ark of your strength. Your

priests shall be clothed with justice; your faithful shall ring out their joy. For the sake of David your servant, do not reject your anointed. R.

Acclamation (See *Matthew 4:23*)

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

Gospel——
(*Mark 6:53-56*)

A reading from the holy Gospel according to Mark

At that time: When Jesus and his disciples had crossed over, they came to land at Gennesaret, and moored to the shore. And when they got out of



Monday February 5

the boat, immediately the people recognised him, and ran about the whole neighbourhood and began to bring sick people on their pallets to any place where they heard he was. And wherever he came, in villages, cities, or country, they laid the sick in the market places, and begged him that they might touch even the fringe of his garment; and as many as touched it were made well. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

May the offerings we bring in celebration of blessed Agatha win your gracious acceptance, O Lord, we pray, just as the struggle of her suffering and passion was pleasing to you. Through Christ our Lord **Amen.**

Communion Antiphon

(Rv 7:17) **The Lamb who is at the centre of the throne will lead them to the springs of the waters of life.**

Prayer after Communion

O God, who bestowed on blessed Saint Agatha a



crown among the Saints for her twofold triumph of virginity and martyrdom, grant, we pray, through the power of this Sacrament,

that bravely overcoming every evil, we may attain the glory of heaven. Through Christ our Lord. **Amen.**

Love one another

Commentary

Mark 6: 53-56

Christ left us a new commandment, to overcome, if necessary heroically, grievances, and all that causes separation. He asks us to love one another as he have loved us, that is to say, without limits. In this way, we will contribute to making society more Christian through our deeds, therefore becoming more human. Let us not consider our duties only insofar as they are personally useful or harmful to us. God awaits us in our efforts to improve society and the people in it.

Rev. Fr. Silvano Ochuodho, Kenya



Tuesday February 6

5th Week in Ordinary Time

Memorial

Ss. Paul Miki & companions, martyrs

Entrance Antiphon

The souls of the Saints are rejoicing in heaven, the Saints who followed the footsteps of Christ, and since for love of him they shed their blood, they now exult with Christ for ever.

Or:

Holy men shed their glorious blood for the Lord; they loved Christ in their life, they imitated him in their death, and

therefore were crowned in triumph.

Collect

O God, strength of all the Saints, who through the Cross were pleased to call the Martyrs Saint Paul Miki and companions to life, grant, we pray, that by their intercession, we may hold with courage even until death to the faith that we profess. Through Christ our Lord. **Amen.**



Reading _____
(1 Kings 8:22-23.27)

A reading from the first Book of Kings

In those days: Solomon stood before the altar of the Lord in the presence of all the assembly of Israel, and spread forth his hands towards heaven; and said, “O Lord, God of Israel, there is no God like you, in heaven above or on earth beneath, keeping covenant and showing mercy to your servants who walk before you with all their heart. But will God indeed dwell on the earth? Behold, heaven and the highest heaven cannot contain you; how much less this house which I have built! Yet have regard to the prayer of your servant and to his supplication, O

Lord my God, listening to the cry and to the prayer which your servant prays before you this day; that your eyes may be open night and day towards this house, the place of which you have said, ‘My name shall be there,’ that you may listen to the prayer which your servant offers towards this place. And listen to the supplication of your servant and of your people Israel, when they pray towards this place; yes, hear in heaven your dwelling place; and when you hear, forgive.” The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —
(Psalm 84:3,4,5 and 10, 11
(R. 2))***

**R. How lovely is your
dwelling place, O Lord of
hosts**

My soul is longing and yearning for the courts of the Lord. My heart and my flesh cry out to the living God. R.

Even the sparrow finds a home, and the swallow a nest for herself in which she sets her young, at your altars, O Lord of hosts, my king and my God. R.

Blessed are they who dwell in your house, forever singing your praise. Turn your eyes, O God, our shield; look on the face of your anointed. R.

One day within your courts is better than a thousand elsewhere. The threshold of the house of God I prefer to the dwellings of the wicked. R.

***Acclamation (Psalm
119:36a.29b)***

Alleluia. Alleluia. Bend my heart, O God, to your decrees, grant me mercy by your law. **Alleluia.**

***Gospel —
(Mark 7:1-11)***

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

At that time: When the Pharisees gathered together to Jesus, with some of the scribes, who had come from Jerusalem, they saw that some of his disciples ate with hands

defiled, that is, unwashed. (For the Pharisees, and all the Jews, do not eat unless they wash their hands, observing the tradition of the elders; and when they come from the market place, they do not eat unless they purify themselves; and there are many other traditions which they observe, the washing of cups and pots and vessels of bronze.) And the Pharisees and the scribes asked him, “Why do your disciples not live according to the tradition of the elders, but eat with hands defiled?” And he said to them, “Well did Isaiah prophesy of you hypocrites, as it is written, ‘This people honours me with their lips, but their heart is far from me; in

vain do they worship me, teaching as doctrines the precepts of men.’ You leave the commandment of God, and hold fast the tradition of men.” And he said to them, “You have a fine way of rejecting the commandment of God, in order to keep your tradition! For Moses said, ‘Honour your father and your mother’; and ‘He who speaks evil of father or mother, let him surely die’; but you say, ‘If a man tells his father or his mother, What you would have gained from me is Corban’ (that is, given to God) — then you no longer permit him to do anything for his father or mother, thus making void the word of God through your tradition which you

hand on. And many such things you do.” The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Prayer over the Offerings

May the sacrifice soon to be consecrated be acceptable to you, O Lord, we pray, in commemoration of this precious martyrdom, so that it may cleanse our sins and commend to you the prayers of your servants. Through Christ our Lord. **Amen.**

Communion Antiphon

(Cf. *Jn 15:13*) **Greater love has no one than to lay down his life for his friends, says the Lord.**

Or: Lk 12:4

I say to you, my friends: Do not be afraid of those who kill the body.

Prayer after Communion

Grant us, O Lord, we pray, that being nourished by the Bread of heaven and made one Body in Christ, we may, never be separated from his love and, after the example

of your holy Martyrs Saint Paul Miki and companions, may bravely overcome all things for the sake of him

who loved us. Who lives and reigns for ever and ever. Through Christ our Lord. **Amen.**

Love and Respect for Parents

Commentary

Mark 7: 1-13

The only one who can be considered Father in all his fullness is God, from whom derives all fatherhood in heaven and on earth (Eph 3:15). Our fathers, in begetting us, share in that fatherhood of God. In them we see a reflection of the Creator, and in loving and honouring them, we are also honouring and loving God himself, as Father. Let us live the Fourth Commandment by loving and respecting our parents; praying for them and helping them with what is necessary for their sustenance and a dignified life.

Rev. Fr. Silvano Ochuodho, Kenya



Wednesday February 7

5th week in Ordinary Time

Entrance Antiphon

(Ps 94:6-7) **O come, let us worship God, and bow low before the God who made us, for he is the Lord our God.**

Collect

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Through Christ our Lord **Amen.**

Reading

(1 Kings 10:1-10)

A reading from the first Book of Kings

In those days: When the queen of Sheba heard of the fame of Solomon concerning the name of the Lord, she came to test him with hard questions. She came to Jerusalem with a very great retinue, with camels bearing spices, and very much gold, and precious stones; and when she came to Solomon, she told him all that was on her mind. And Solomon answered all her questions;



there was nothing hidden from the king which he could not explain to her. And when the queen of Sheba had seen all the wisdom of Solomon, the house that he had built, the food of his table, the seating of his officials, and the attendance of his servants, their clothing, his cupbearers, and his burnt offerings which he offered at the house of the Lord, there was no more spirit in her. And she said to the king, "The report was true which I heard in my own land of your affairs and of your wisdom, but I did not believe the reports until I came and my own eyes had seen it; and behold, the half was not told me; your wisdom and prosperity

surpass the report which I heard. Happy are your wives! Happy are these your servants, who continually stand before you and hear your wisdom! Blessed be the Lord your God, who has delighted in you and set you on the throne of Israel! Because the Lord loved Israel for ever, he has made you king, that you may execute justice and righteousness." Then she gave the king a hundred and twenty talents of gold, and a very great quantity of spices, and precious stones; never again came such an abundance of spices as these which the queen of Sheba gave to King Solomon. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —
(Psalm 37:5-6, 30-31.39-40 (R. 30a))***

R. The mouth of the just man utters wisdom.

Commit your way to the Lord; trust in him, and he will act, and make your uprightness shine like the light, the justice of your cause like the noon-day sun. R.

The mouth of the just man utters wisdom, and his tongue tells forth what is right. The law of his God is in his heart; his steps shall be saved from stumbling. R.

But from the Lord comes the salvation of the just, their stronghold in time of distress. The Lord helps them and rescues them,

rescues and saves them from the wicked: because they take refuge in him. R.

Acclamation (See John 17:17ba)

Alleluia. Alleluia. Your word, O Lord, is truth; sanctify us in the truth. **Alleluia.**

Gospel —
(Mark 7:14-23)

A reading from the holy Gospel according to Mark

At that time: Jesus called the people to him again, and said to them, "Hear me, all of you, and understand: there is nothing outside a man which by going into him can defile him; but the things which come out of a man are what defile him." And when he



had entered the house, and left the people, his disciples asked him about the parable. And he said to them, "Then are you also without understanding? Do you not see that whatever goes into a man from outside cannot defile him, since it enters, not his heart but his stomach, and so passes on?" (Thus he declared all foods clean.) And he said, "What comes out of a man is what defiles a man. For from within, out of the heart of man, come evil thoughts, fornication, theft, murder, adultery, coveting, wickedness, deceit, licentiousness, envy, slander, pride, foolishness. All these evil things come from within and they defile a man." The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

O Lord, our God, who once established these created things to sustain us in our frailty, grant; we pray, that they may become for us now the Sacrament of eternal life. Through Christ our Lord. **Amen.**

Communion Antiphon

(Cf. Ps 106:8-9) **Let them thank the Lord for his mercy, his wonders for the children of men; for he satisfies the thirsty soul, and the hungry he fills with good things.**

Or: Mt 5:5-6

Blessed are those who mourn, for they shall be consoled. Blessed are those who hunger and thirst for righteousness,

for they shall have their fill.

Prayer after Communion

O God, who have willed that we be partakers in the one bread and the one

chalice, grant us, we pray, so to live that, made one in Christ, we may joyfully bear fruit for the salvation of the world. Through Christ our Lord. **Amen.**

Work well Done

Commentary

Mark 7: 14-23

For a Christian, work well done is an occasion for a personal encounter with Jesus Christ, and a means to collaborate in informing all the realities of this world by the spirit of the Gospel. Careless work offends first and foremost the dignity of the person himself and that of those for whom the fruits of this badly done work are destined. Let us look at Jesus as he goes about his work in Joseph's workshop, and ask ourselves if we are known in our environment for a job well done.

Rev. Fr. Silvano Ochuodho, Kenya



Thursday February 8

5th week in Ordinary Time

Ferial

Or: **St Jerome Emiliani**, (*optional memorial*)

Or: **S. Josephine Bakhita, virgin**, (*optional memorial*)

Entrance Antiphon

(Ps 94:6-7) **O come, let us worship God, and bow low before the God who made us, for he is the Lord our God.**

Collect

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Through Christ our Lord. **Amen.**

Reading ————— **(1 Kings 11:4-13)**

A reading from the first Book of Kings

When Solomon was old his wives turned away his heart after other gods; and his heart was not wholly true to the Lord his God, as was the heart of David his father. For Solomon went after Ashtoreth the goddess of the Sidonians, and after Milcom the abomination of the Ammonites. So

Solomon did what was evil in the sight of the Lord, and did not wholly follow the Lord, as David his father had done. Then Solomon built a high place for Chemosh the abomination of Moab, and for Molech the abomination of the Ammonites, on the mountain east of Jerusalem. And so he did for all his foreign wives, who burnt incense and sacrificed to their gods. And the Lord was angry with Solomon, because his heart had turned away from the Lord, the God of Israel, who had appeared to him twice, and had commanded him concerning this thing, that he should not go after other gods; but he did not keep

what the Lord commanded. Therefore the Lord said to Solomon, "Since this has been your mind and you have not kept my covenant and my statutes which I have commanded you, I will surely tear the kingdom from you and will give it to your servant. Yet for the sake of David your father I will not do it in your days, but I will tear it out of the hand of your son. However I will not tear away all the kingdom; but I will give one tribe to your son, for the sake of David my servant and for the sake of Jerusalem which I have chosen."

The word of the Lord.

Thanks be to God.



Responsorial Psalm —
(Psalm 106:3-4.35-36.37
and 40 (R. see 4a))

**R. O Lord, remember us
 with the favour you show
 to your people**

Blessed are they who observe what is just, who at all times do what is right. O Lord, remember me with the favour you show to your people. Visit me with your saving power. R.

Instead they mingled with the nations, and learned to act as they did. They also served their idols, and these became a snare to entrap them. R.

They even offered their sons and their daughters in sacrifice to demons. Then God's anger blazed

against his people; he was filled with horror at his heritage. R.

Acclamation
(James 1:21bc)

Alleluia. Alleluia.
 Receive with meekness the implanted word, which is able to save your souls. **Alleluia.**

Gospel —
(Mark 7:24-30)

A reading from the holy Gospel according to Mark

At that time: Jesus arose and went away to the region of Tyre and Sidon. And he entered a house, and would not have any one know it; yet he could not be hidden. But immediately a woman, whose little daughter was possessed by an unclean

spirit, heard of him, and came and fell down at his feet. Now the woman was a Greek, a Syrophoenician by birth. And she begged him to cast the demon out of her daughter. And he said to her, "Let the children first be fed, for it is not right to take the children's bread and throw it to the dogs." But she answered him, "Yes, Lord; yet even the dogs under the table eat the children's crumbs." And he said to her, "For this saying you may go your way; the demon has left your daughter." And she went home, and found the child lying in bed, and the demon gone.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Prayer over the Offerings

O Lord, our God, who once established these created things to sustain us in our frailty, grant; we pray, that they may become for us now the Sacrament of eternal life. Through Christ our Lord. **Amen.**

Communion Antiphon

(Cf. Ps 106:8-9) **Let them thank the Lord for his mercy, his wonders for the children of men; for he satisfies the thirsty soul, and the hungry he fills with good things.**

Or: Mt 5:5-6

Blessed are those who mourn, for they shall be consoled. Blessed are those who hunger and thirst for righteousness, for they shall have their fill.



Prayer after Communion

O God, who have willed that we be partakers in the one bread and the one chalice, grant us, we pray,

so to live that, made one in Christ, we may joyfully bear fruit for the salvation of the world. Through Christ our Lord. **Amen.**

God Knows Our Needs

Commentary

Mark 7: 24-30

We should intensify our petition we identify our will with the will of God. Sometimes He makes us wait to dispose us better, so that we desire those graces with greater depth and fervour; sometimes He rectifies our petition and grants us what we really need, and sometimes He does not grant us what we ask for because, perhaps without realising it, we are asking for an evil that our will has dressed up as good. Our prayer must be trusting because God knows well the needs we have.

Rev. Fr. Silvano Ochuodho, Kenya



Friday February 9

5th week in Ordinary Time

Entrance Antiphon

(Ps 94:6-7) **O come, let us worship God, and bow low before the God who made us, for he is the Lord our God.**

Collect

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Through Christ our Lord. **Amen.**

Reading

(1 Kings 11:29-32; 12:19)

A reading from the first Book of Kings

At that time, when Jeroboam went out of Jerusalem, the prophet Ahijah the Shilonite found him on the road. Now Ahijah had clad himself with a new garment; and the two of them were alone in the open country. Then Ahijah laid hold of the new garment that was on him, and tore it into twelve pieces. And he said to Jeroboam, "Take for yourself ten pieces; for thus says the Lord, the God of Israel,

‘Behold, I am about to tear the kingdom from the hand of Solomon, and will give you ten tribes (but he shall have one tribe, for the sake of my servant David and for the sake of Jerusalem, the city which I have chosen out of all the tribes of Israel).’ So Israel has been in rebellion against the house of David to this day.

The word of the Lord.

Thanks be to God.

Responsorial Psalm
(Psalm 81:10-11ab.12-1314-15 (R. see 11a.9a))

**R. I am the Lord, your God:
listen to my voice.**

“Let there be no strange god among you, nor shall you worship a foreign god. I

am the Lord your God, who brought you up from the land of Egypt.” R.

“But my people did not heed my voice, and Israel would not obey me. So I left them in their stubbornness of heart, to follow their own designs.” R.

“O that my people would heed me, that Israel would walk in my ways! At once I would subdue their foes, turn my hand against their enemies.” R.

Acclamation
(See Acts 16:14b)

Alleluia. Alleluia. Open our hearts, O Lord, that we may give heed to the words of your Son. **Alleluia.**

Gospel ————— ***(Mark 7:31-37)***

A reading from the holy Gospel according to Mark

At that time: Jesus returned from the region of Tyre, and went through Sidon to the Sea of Galilee, through the region of the Decapolis. And they brought to him a man who was deaf and had an impediment in his speech; and they begged him to lay his hand upon him. And taking him aside from the multitude privately, he put his fingers into his ears, and he spat and touched his tongue; and looking up to heaven, he sighed, and said to him, “Ephphatha,” that is, “Be opened.” And his ears were opened, his tongue was released, and he spoke

plainly. And he charged them to tell no one; but the more he charged them, the more zealously they proclaimed it. And they were astonished beyond measure, saying, “He has done all things well; he even makes the deaf hear and the mute speak.”

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Prayer over the Offerings

O Lord, our God, who once established these created things to sustain us in our frailty, grant; we pray, that they may become for us now the Sacrament of eternal life. Through Christ our Lord. **Amen.**

Communion Antiphon

(Cf. Ps 106:8-9) Let them thank the Lord for his mercy, his wonders for the children of men; for he satisfies the thirsty soul, and the hungry he fills with good things.

Or: Mt 5:5-6

Blessed are those who mourn, for they shall be consoled. Blessed are those who hunger and thirst for righteousness, for they shall have their fill.

Prayer after Communion

O God, who have willed that we be partakers in the one bread and the one chalice, grant us, we pray, so to live that, made one

in Christ, we may joyfully bear fruit for the salvation of the world. Through Christ our Lord.

Amen.

Working Well**Commentary****Mark 7: 31-37**

When Jesus seeks out those who are to follow him, he does so among men accustomed to work. To work well, we must first work industriously, making good use of the hours, for it is impossible for anyone who does not make good use of his time to become accustomed to sacrifice and to keep his spirit awake, to live the most elementary human virtues. A life without work often corrupts those around it. The Lord asks us to work well with order, competence, eagerness for perfection, without blemish or mistakes.

Rev. Fr. Silvano Ochuodho, Kenya



Saturday February 10

5th week in Ordinary Time

Memorial

St. Scholastica, virgin

Entrance Antiphon

Here is a wise virgin, from among the number of the prudent, who went forth with lighted lamp to meet Christ.

Or:

How beautiful you are, O Virgin of Christ, who were worthy to receive the Lord's crown, the crown of perpetual virginity.

Collect

As we celebrate anew the Memorial of the Virgin Saint Scholastica, we pray, O Lord, that, following her

example, we may serve you with pure love and happily receive what comes from loving you. Through Christ our Lord. **Amen.**

Reading

(1 Kings 12:26-32; 13:33-34)

A reading from the first Book of Kings

In those days: Jeroboam said in his heart, "Now the kingdom will turn back to the house of David; if this people go up to offer sacrifices in the house of

the Lord at Jerusalem, then the heart of this people will turn again to their lord, to Rehoboam king of Judah, and they will kill me and return to Rehoboam king of Judah.” So the king took counsel, and made two calves of gold. And he said to the people, “You have gone up to Jerusalem long enough. Behold your gods, O Israel, who brought you up out of the land of Egypt. And he set one in Bethel, and the other he put in Dan. And this incident became a sin, for the people went to the one at Bethel and to the other as far as Dan. He also made houses on high places, and appointed priests from among all the people, who were not of the Levites. And Jeroboam appointed a feast on the

fifteenth day of the eighth month like the feast that was in Judah, and he offered sacrifices upon the altar; so he did in Bethel, sacrificing to the calves that he had made. And he placed in Bethel the priests of the high places that he had made. After this incident Jeroboam did not turn from his evil way, but made priests for the high places again from among all the people; any who would, he consecrated to be priests of the high places. And this thing became sin to the house of Jeroboam, so as to cut it off and to destroy it from the face of the earth. The word of the Lord.

Thanks be to God.

Responsorial Psalm —
(Psalm 106:6-7ab.19-20.21-22 (R. see 4a))

**R. O Lord, remember us
 with the favour you show
 to your people.**

Like our fathers, we have sinned. We have done wrong; our deeds have been evil. Our forebears, when they were in Egypt, did not grasp the meaning of your wonders. R.

They fashioned a calf at Horeb, and worshipped an image of metal, they exchanged their glory for the image of a bull that eats grass. R.

They forgot the God who was their saviour, who had done such great things in Egypt, such wonders in the land of Ham, such marvels at the Red Sea. R.

Acclamation
(Matthew 4:4b)

Alleluia. Alleluia. Man shall not live by bread alone but by every word that proceeds from the mouth of God. **Alleluia.**

Gospel —
(Mark 8:1-10)

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

In those days, when again a great crowd had gathered, and they had nothing to eat Jesus called his disciples to him and said to them I have compassion on the crowd because they have been with me now three days and have nothing to eat; and if I send them away hungry to their homes they will faint on the way and some of them have come a

long way.” And his disciples answered him, “How can one feed these men with bread here in the desert?” And he asked them, “How many loaves have you?” They said, “Seven.” And he commanded the crowd to sit down on the ground; and he took the seven loaves and having given thanks he broke them and gave them to his disciples to set before the people and they set them before the crowd. And they had a few small fish; and having blessed them he commanded that these also should be set before them. And they ate, and were satisfied; and they took up the broken pieces left over, seven baskets full. And there were about four thousand people. And he sent them away; and immediately he

got into the boat with his disciples, and went to the district of Dalmanutha.
The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Prayer over the Offerings

As we proclaim your wonders, O Lord, in the Virgin Saint Scholastica, we humbly implore your majesty that, as her merits are pleasing to you, so, too, our dutiful service may find favour in your sight. Through Christ our Lord. **Amen.**

Communion Antiphon

(Cf. Mt 25:6) **Behold, the Bridegroom is coming: Come out to meet Christ the Lord.**

Or: Cf. Ps 27:4

There is one thing I ask of the Lord, only this do I seek: to live in the house of the Lord all the days of my life.

Prayer after Communion

Renewed by partaking of this divine gift, we pray, O

Lord our God, that by the example of the blessed Saint Scholastica, bearing in our body the Death of Jesus, we may strive to hold fast to you alone. Through Christ our Lord. **Amen.**

Love of Christ

Commentary

Mk 8: 1-10

The title of Mother of Mercy is expressed in the invocations of Health of the sick, Refuge of sinners, Comfort of the afflicted, Help of Christians. Our Lady obtains for us the healing of the body, especially if the soul is in order, or the grace to understand that pain is God's instrument. No one after Jesus has detested sin more than Mary, but far from rejecting sinners, she welcomes them and moves them to repentance. Let us continue going to her and loving her Son Jesus Christ more and more.

Rev. Fr. Silvano Ochuodho, Kenya



Publisher: Cédric BLOQUET
Publishing & Development Manager
Editor in Chief: Rev. Fr. Jean-Paul Sagadou a.a.
Assistant: 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. Fr. Silvano OCHUODHO

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