

# FAITH @Home

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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love  
in the heart of the family!

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5TH SUNDAY IN ORDINARY TIME

Year B

## Sunday Mass Readings

### First Reading:

Job 7:1-4, 6-7

### Responsorial Psalm:

Psalm 146 (147): 1-6

### Second Reading:

1 Corinthians 9:16-19, 22-23

### Gospel:

Mark 1:29 - 39

*"He cured many who  
suffered from diseases"*



John Bridges, Public domain, via Wikimedia Commons

## Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings [here](#).

The first reading of each Sunday is usually connected to the Gospel. Sometimes an incident in the Gospel is foreshadowed by an earlier event in the Old Testament. At other times both readings contain a similar theme. Sometimes the first reading anticipates the Gospel. Knowing this helps us to better understand how both readings relate to each other.

## Family Challenge!

Switch off on Sunday! Try going for a couple of hours without your mobile phone or TV. Why not play a family game or go for a walk together instead?

## Talk

Just like the disciples in today's Gospel we too are given a mission by Jesus to share his Good News with others.

- Have you been doing your part to fulfil this mission? If not, what has gotten in the way?
- What can you do to refocus your mission in your everyday life?

## Pray

Can you imagine yourself in this story? Which scene touched your heart or caught your attention? The healing of those who were sick? The deliverance of those possessed by demons? Jesus having some quiet time of prayer?

What is God saying to you through this Gospel? Ponder this question.

**MISSION!** Make a little space in your room, with a holy picture or statue, maybe a little Bible if you have one: make it a special place where you can go to pray, like Jesus went and prayed to His Father in heaven too!



**Please email us at [faithathome@waterfordlismore.ie](mailto:faithathome@waterfordlismore.ie) if you would like to receive Faith@Home direct to your inbox each week!**

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## BATTLING BUSYNESS

You don't have to read very far into any of the four Gospels to discover that Jesus was a busy man. He went from village to village teaching, proclaiming the Gospel and healing people's diseases. How did Jesus handle all of this busyness?

It doesn't appear he was the type of person to hit the snooze button! He had a set time for getting up so that he could pray to the Father before beginning his day. He created space for regular rest. He made time for people who needed him. Jesus lived a busy life on earth, but he was always looking toward Heaven.

Today's Gospel gives us a glimpse into just how chaotic things could be for Jesus in his daily life. On leaving the Synagogue he goes *straight to* Simon and Andrew's house where Jesus' cures Simon's mother-in-law. There is a sense of urgency about their visit. Later the same day, crowds of people came to Jesus in need of prayer and healing. We are told *the whole town came crowding around the door*. It would have taken a long time for Jesus to listen to and pray with that many people. It must have been late by the time Jesus got to sleep that night. After hours of praying with people and healing them he must have been very tired. Yet, early the next morning, *before Dawn*, he gets up and goes to a quiet place to pray. When his disciples eventually find him, he tells them they must get going to visit more towns and people where the Gospel had not been preached *because that is why I came*.

Jesus understood what his mission and purpose on earth was. He had a goal to make the Gospel known to as many people as possible. It is normal to get side-tracked from our "to-do" lists and goals that we set for ourselves. Jesus models for us a life that is full and busy but he also shows us how to be busy in a way that glorifies God. Creating space in our day for God helps us to keep our focus, or refocus, on the tasks that God has asked us to do.

## EVENTS

### Quo Vadis

Lenten Series for young adults aged 18 - 35 who are seeking purpose and meaning in their lives. Every Sunday from 7 - 8pm, 14th Feb - 28th March. Testimonies from guest speakers, time for prayer, chat, discussion and getting to know other young Catholic adults. Contact [youthministry@waterfordlismore.ie](mailto:youthministry@waterfordlismore.ie) or click here to register:

<https://forms.gle/kpPs8niwFXChT6jM8>



## Family Prayer

*Lord Jesus, help us this week to quieten our hearts and our minds so that we can hear you in the silence. You never neglected Your time of prayer with God the Father: lead us by Your example that we may make prayer our priority this week and always.*

*Amen*

## Carlo's Corner



### SILENCE REVEALS

"God reveals us to ourselves in silence."

Fr Mike Schmitz

Do you find it difficult to sit in silence? Do you reach for your phone to distract yourself? Or put on some music in the background?

God reveals himself to us in silence. If our lives are constantly filled with noise, it's very hard to hear his quiet voice tell us He loves us, or what His plan for us each day is. God reveals us to ourselves in silence - maybe that's a scary thought for you. Maybe it's easier to not focus on our thoughts, our emotions but keep things at a superficial level instead.

*This week: start small, with one minute of silence, and build up day by day. What can you do in the silence?*

Check out:

 [Fr Mike's video on "Silence"](#)

 [LifeTeen: One Minute Challenge Blog!](#)

 [Tune: "You Speak" - Audrey Assad](#)

## CHECK IT OUT: CATHOLIC ICING

"The icing on your Catholic Cake!" Lacy, a Catholic mom of 4, runs this resource site to help educate Catholic kids! Arts & crafts ideas, craft ideas for saints, the Mass, the rosary, ideas for how families can celebrate the sacraments and the liturgical calendar, resources for Covid-19 and much more! With an online shop to purchase material, but many resources are also free to download! Updated regularly with new material.



VERY EARLY IN THE MORNING,  
WHILE IT WAS STILL DARK,  
JESUS GOT UP, LEFT THE HOUSE  
AND WENT OFF TO A SOLITARY PLACE,  
WHERE HE PRAYED.

