



National Conference for Community and Justice, Windsor CT



'THOUGH WE ARE MANY, WE ARE ONE BODY IN CHRIST.'  
1 CORINTHIANS 12:12

'We pray together at home.'

# The Fourth Sunday in Ordinary Time

## Year B

Sunday 31st January 2021  
Racial Justice Sunday



# An Act of Spiritual Communion- The Fourth Sunday in Ordinary Time- Year B

*During this time when we may be unable to join together with our parish communities to celebrate the Eucharist, we offer you this resource as a way of engaging with the readings and prayers of the Mass. The readings are taken from the Lectionary for children.*

*These resources can be used whilst participating digitally in the many private Masses that priests in our diocese are offering online.*

*We hope you find this resource useful.  
Mr Gardner  
Head of Catholic Life  
Bishop Hogarth Catholic Education Trust*

*Click here to find the full list of all online streamed Masses available throughout the Diocese of Hexham and Newcastle.*

<http://www.rcdhn.org.uk/health/coronavirus.php#area3>



# An Act of Spiritual Communion- The Fourth Sunday in Ordinary Time- Year B

## **Creating a place of prayer in the home.**

Light a candle and gather together with your family. You might place a Crucifix or a Holy Image next to your candle. If you have a Bible, you may like to open the Bible to the readings that are going to be used during Mass today.

Use the link on the first page of this document to access Livestreamed Masses from around the Diocese.

## **We Gather together as God's family and ask for His Forgiveness**

***We gather together in the name of the Father, and of the Son and of the Holy Spirit  
Amen.***

We turn to God asking for His guidance and strength in our lives.

***Lord Jesus, You heal the sick- Lord have mercy***

***Lord Jesus, You forgive sinners- Christ have mercy***

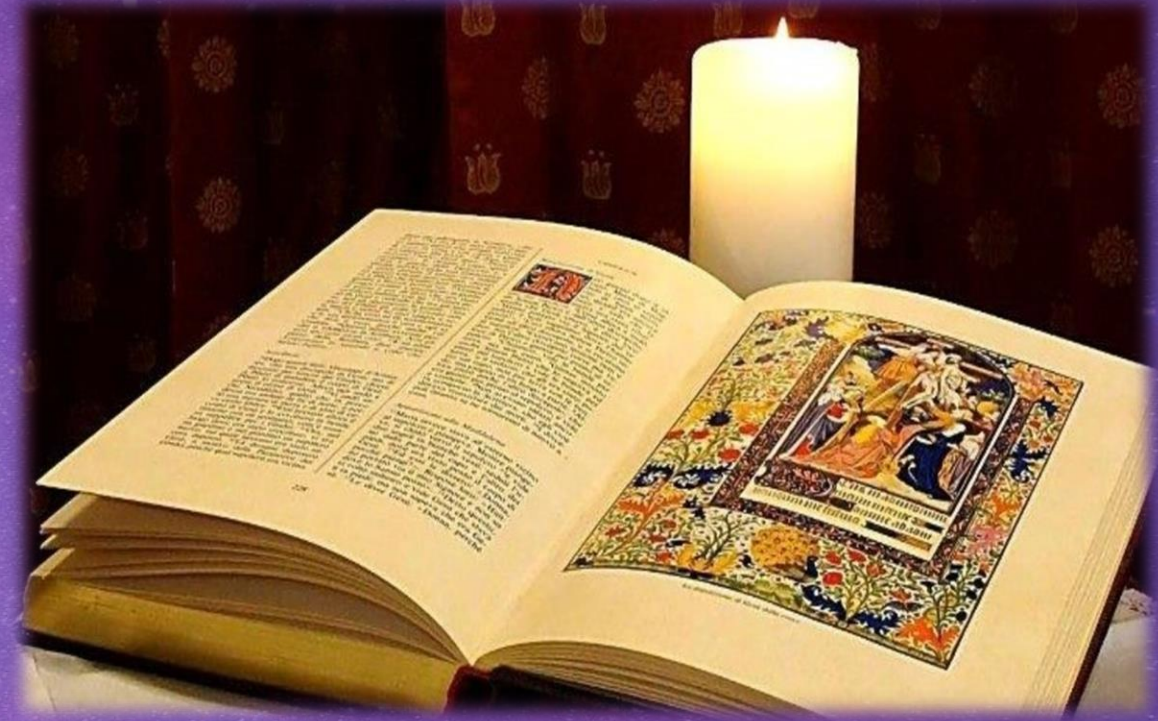
***Lord Jesus, You give us yourself to feed us and bring us strength- Lord have mercy***

***May Almighty God have mercy on us, forgive us our sins and bring us to everlasting life.***

***Amen***

We join with all the angels and saints as we sing:

<https://www.youtube.com/watch?v=sDLY8oOhVil>



***We pray together***

***Dear God,***

***Thank you for sending Jesus to show us how to live. Help us to use our power to help others.***

***In Jesus' name we pray.***

***Amen***



**We Listen to the Word of God:**

A reading from the book of Deuteronomy  
18:18-19

The Lord said to Moses:

I will choose one of their own people to be a prophet like you.

I will give my message to that prophet,  
who will tell the people exactly what I have said.  
That prophet will speak in my name,  
and anyone who doesn't obey the message will  
have to answer to me.

The Word of the Lord  
***Thanks be to God***



# An Act of Spiritual Communion- The Fourth Sunday in Ordinary Time- Year B

## We Listen to the Word of God:

The Responsorial Psalm

*R. If today you hear God's voice,  
harden not your hearts.*

Sing joyful songs to the Lord!  
Praise the mighty rock  
where we are safe.  
Come to worship him  
with thankful hearts  
and songs of praise.

*R. If today you hear God's voice,  
harden not your hearts.*

Bow down and worship  
the Lord our Creator!  
The Lord is our God,  
and we are his people,  
the sheep he takes care of  
in his own pasture.

*R. If today you hear God's voice,  
harden not your hearts.*





# An Act of Spiritual Communion- The Fourth Sunday in Ordinary Time- Year B

**We Greet the Good News by saying:**

***Alleluia, alleluia.***

***A people in darkness have seen a great light;  
a radiant dawn shines on those lost in death.***

***Alleluia!***

† A reading from the holy gospel according to Mark 1:21-28  
Jesus and his disciples went to the town of Capernaum.

Then on the next Sabbath he went into the Jewish meeting place and started teaching. Everyone was amazed at his teaching. He taught with authority, and not like the teachers of the Law of Moses.

Suddenly a man with an evil spirit in him entered the meeting place and yelled, "Jesus from Nazareth, what do you want with us? Have you come to destroy us? I know who you are! You are God's Holy One." Jesus told the evil spirit,

"Be quiet and come out of the man!" The spirit shook him. Then it gave a loud shout and left.

Everyone was completely surprised and kept saying to each other, "What is this? It must be some new kind of powerful teaching! Even the evil spirits obey him." News about Jesus quickly spread all over that part of Galilee.

The Gospel of the Lord

***Praise to You, Lord Jesus Christ***



# An Act of Spiritual Communion- The Fourth Sunday in Ordinary Time- Year B

## We Respond

*We try to follow Jesus in all that we do and so we pray together:*

*For Pope Francis and Bishop Robert, that they may they be faithful teachers, helping us to understand what God wants us to do. Lord in your mercy*

*For World leaders; that they will do everything in their power to bring peace to the most troubled parts of the God's Kingdom. Lord, in your mercy*

*For those involved in education: teachers and support staff, school governors, catechists and youth leaders, that they may help young people to fulfil their potential and become confident members of the community. Lord in your mercy*

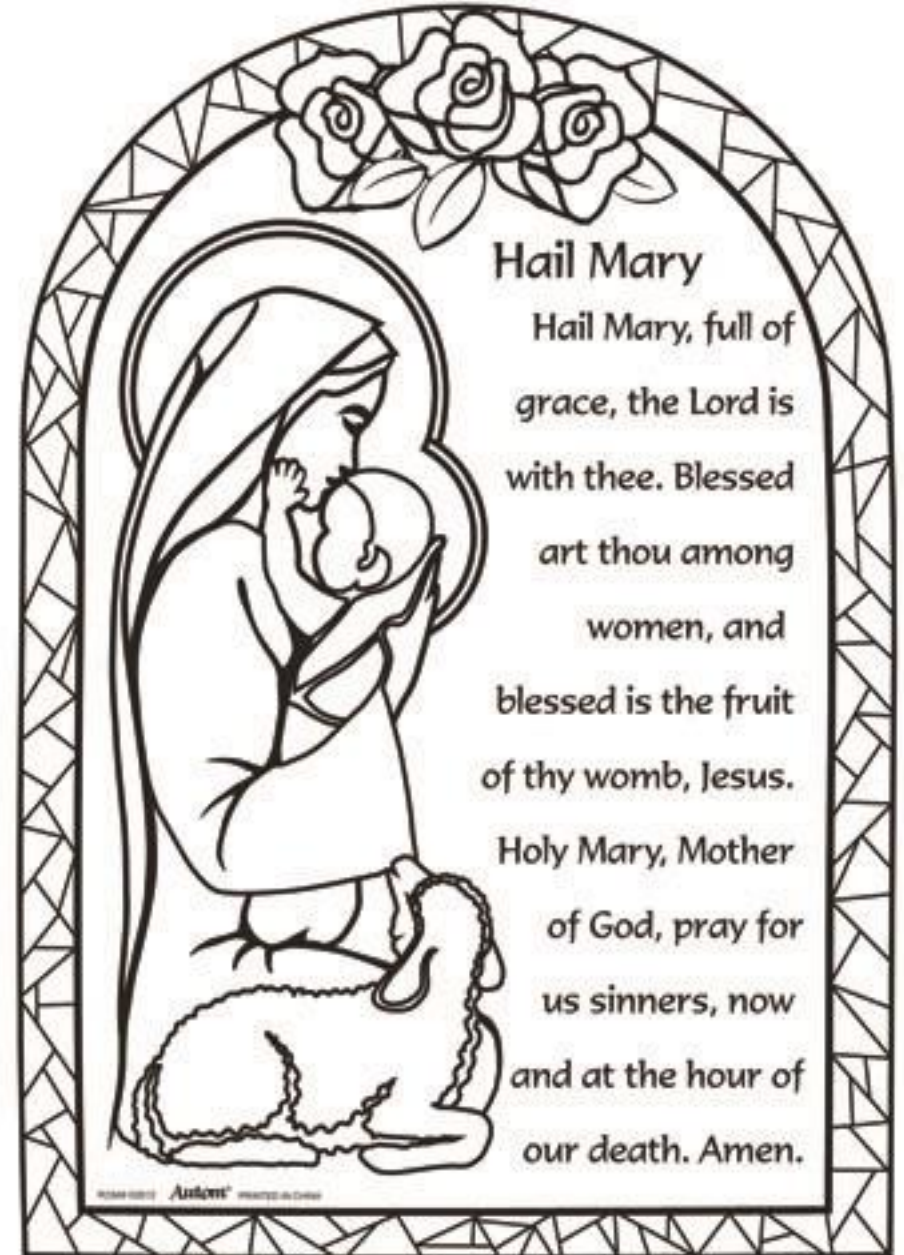
*For ourselves: that we may have the peace of heart to listen deeply to Christ's teaching message, and in faith we say "Speak Lord, your servant is listening." Lord in your mercy,*

*We pray for the sick, the sad and the lonely. May they feel the presence of God close to them.  
Lord in your mercy*

*We now ask Mary, our Blessed Lady, to intercede for us in our prayers as we say Hail Mary...*

## We Profess our faith in God together:

***I believe in God the Father, I believe in God the Son, I believe in God the Holy Spirit. Our God is three, Our God is One.***





# An Act of Spiritual Communion- The Fourth Sunday in Ordinary Time- Year B

**We Pray the Family Prayer of All Christians**  
*Our Father...*

**We now make an Act of Spiritual Communion**  
*My Jesus,*

*I believe that you are present in the Most Holy Sacrament.*

*I love you above all things and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you.  
Amen*

**We end our time of prayer**

*May God Bless us and keep us safe.*

*In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen*



**We can join in the Celebration of Mass online by visiting the following website:**

[https://www.youtube.com/channel/UC12EvW0Egg-cFTh5i2y\\_EQw](https://www.youtube.com/channel/UC12EvW0Egg-cFTh5i2y_EQw)

- St. Mary's RC Cathedral, Newcastle  
(Sunday Mass at 11:30am- Daily Mass 12 noon)



## Activity Ideas from CAFOD

Invite the children to colour in the accompanying illustration of some girls at school in Bangladesh, and to write or draw on the back one way in which Jesus teaches us through his actions.

Encourage the children to think about their favourite teacher and to explain what it is they like about them. Perhaps they could pray for their teacher in the week.

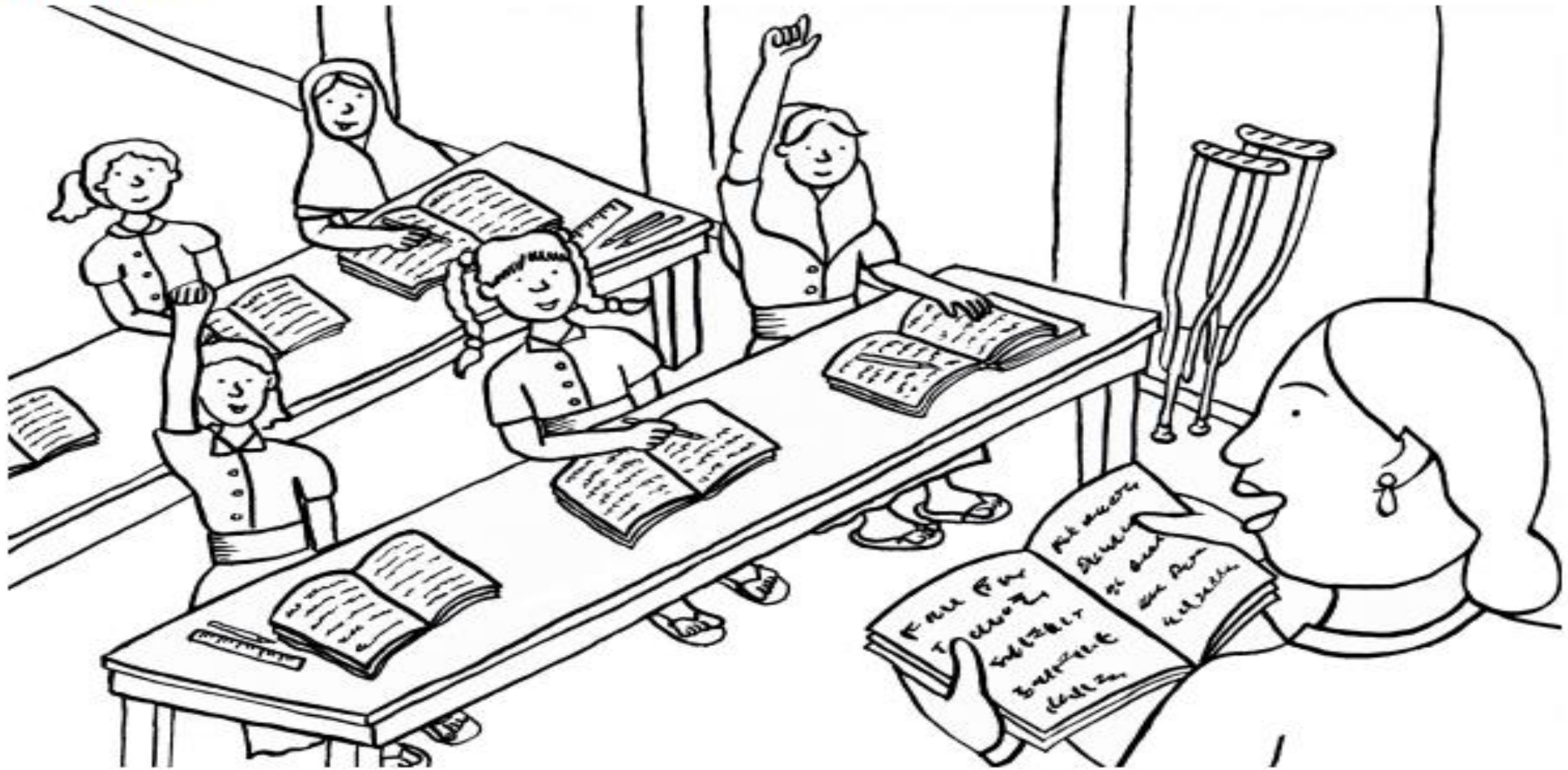
Reflect with the children on all the help they get so that they can go to school, or on all the help that they get to learn at home. Where does their uniform come from? Their books? Who takes them to school? How do they get there? Who helps them with their work? Who explains things when they don't understand? Encourage them to write a prayer of thanks for being able to learn.

Encourage the children to share all that they have heard and thought about today with others at home. As they learn this week, ask them to think of Faizah and other children around the world. If they have written a prayer, ask them to say it at home with their families during the week.



# An Act of Spiritual Communion- The Fourth Sunday in Ordinary Time- Year B

Fourth Sunday in Ordinary Time  
Gospel: Mark 1:21-28

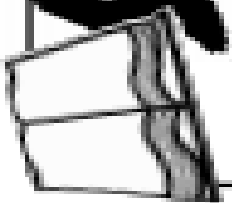



Find out more about children around the world at [cafod.org.uk/kidzzone](http://cafod.org.uk/kidzzone)



**Speak, Lord**


**S.D.C.**  
SACRAMENTAL DEDICATION  
COUNCIL  
WWW.SDC.VIR.GA

Deuteronomy 18:15-20  
Psalm 94  
1 Corinthians 7:33-35  
Mark 12:1-8

**SUNDAY LITURGY FOR CHILDREN**

Year B — 4th Sunday in Ordinary Time

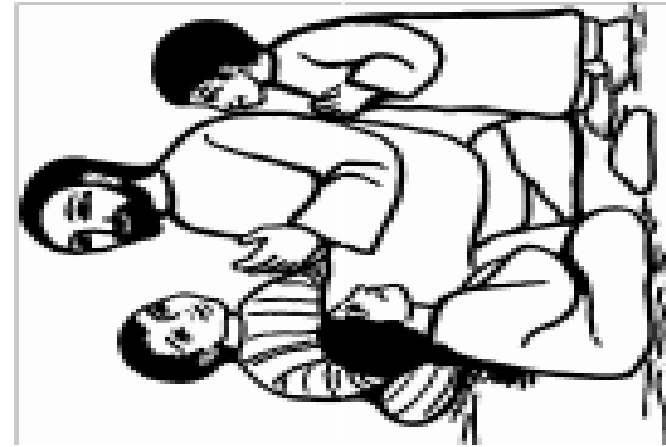
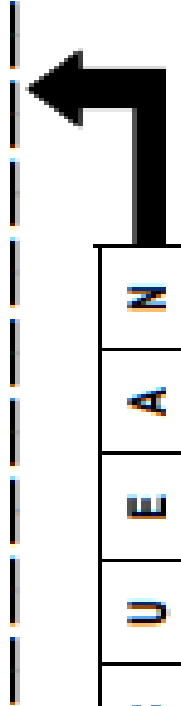


# JESUS OUR TEACHER

Jesus went to teach in a town called

Put the letters above in order to reveal the name of the town.

R	P	N	A	C	U	E	A	N
5	3	9	7	1	8	4	2	6



**Everyone was SURPRISED.**

**They said:**

**JESUS IS ...**

A S E I L T A H R