

**5th Sunday in Ordinary Time**

I believe in the Holy Spirit,  
the Lord, the giver of life,  
**who proceeds from the Father and the Son**, who  
with the Father and the Son  
is adored and glorified,  
**who has spoken through the prophets.**  
I believe in one, holy, catholic and apostolic Church.  
**I confess one Baptism for the forgiveness of sins**  
and I look forward to the resurrection of the dead  
**and the life of the world to come. Amen.**

**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.

**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.**

**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.

**Anima Christi**

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within your wounds, hide me. Never let me be separated from you. From the malicious enemy, defend me. At the hour of death, call me; and bid me come to you. That with your saints I may praise you forever and ever. **Amen.**

**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.

**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**

Glory to God in the highest,  
**and on earth peace to people of good will.**  
We praise you, we bless you,  
**we adore you, we glorify you,**  
we give you thanks for your great glory,  
**Lord God, heavenly King, O God,**  
**almighty Father.**  
Lord Jesus Christ, Only Begotten Son,  
**Lord God, Lamb of God, Son of the Father,**  
you take away the sins of the world,  
**have mercy on us;**  
you take away the sins of the world,  
**receive our prayer;**  
you are seated at the right hand of the Father,  
**have mercy on us.**  
For you alone are the Holy One,  
**you alone are the Lord,**  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
**in the glory of God the Father. Amen.**

**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 our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy  
Spirit,  
God, for ever and ever.

**First reading**

Job 7:1-4,6-7

A reading from the book of Job

Job began to speak:

Is not man's life on earth nothing more than pressed  
service,

his time no better than hired drudgery?

Like the slave, sighing for the shade,

or the workman with no thought but his wages,

months of delusion I have assigned to me,

nothing for my own but nights of grief.

Lying in bed I wonder, 'When will it be day?'

Risen I think, 'How slowly evening comes!'

Restlessly I fret till twilight falls.

Swifter than a weaver's shuttle my days have passed,  
and vanished, leaving no hope behind.

Remember that my life is but a breath,

and that my eyes will never again see joy.

The word of the Lord.

## Responsorial Psalm

Psalm 146(147):1-6

### ***Praise the Lord who heals the broken-hearted.***

Praise the Lord for he is good;  
sing to our God for he is loving:  
to him our praise is due.

### ***Praise the Lord who heals the broken-hearted.***

The Lord builds up Jerusalem  
and brings back Israel's exiles,  
he heals the broken-hearted,  
he binds up all their wounds.  
He fixes the number of the stars;  
he calls each one by its name.

### ***Praise the Lord who heals the broken-hearted.***

Our Lord is great and almighty;  
his wisdom can never be measured.  
The Lord raises the lowly;  
he humbles the wicked to the dust.

### ***Praise the Lord who heals the broken-hearted.***

## Second reading

1 Corinthians 9:16-19,22-23

A reading from the first letter of S Paul to the Corinthians.

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

The word of the Lord.

## Gospel Acclamation

Jn8:12

Alleluia, **alleluia!**

I am the light of the world, says the Lord;  
anyone who follows me will have the light of life.

**Alleluia!**

## Gospel

Mark 1:29-39

The Lord be with you.

**And with your spirit.**

A reading from the holy gospel according to Mark.

**Glory to you, O Lord.**

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

he Gospel of the Lord.

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

## The Creed

I believe in one God,  
**the Father almighty,**  
maker of heaven and earth,  
**of all things visible and invisible.**

I believe in one Lord Jesus Christ,  
**the Only Begotten Son of God,**  
born of the Father before all ages.

**God from God, Light from Light,**  
true God from true God,  
**begotten, not made,**

consubstantial with the Father;  
**through him all things were made.**

For us men and for our salvation

**he came down from heaven,**

**born** and by the Holy Spirit

was incarnate of the Virgin Mary, **and became man.**

**rise**

For our sake he was crucified under Pontius Pilate,

**he suffered death and was buried,**

and rose again on the third day

**in accordance with the Scriptures.**

He ascended into heaven

**and is seated at the right hand of the Father.**

He will come again in glory

to judge the living and the dead

**and his kingdom will have no end.**