

# ICHTHUS

SUNDAY 6 FEBRUARY 2022

5TH SUNDAY  
IN ORDINARY TIME

Year C



Thank God for all your blessings!



## ENTRANCE ANTIPHON

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

We say these words  
or sing a hymn as the  
priest approaches  
the altar.

## 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...

We ask for God's help.  
Listen now to the  
priest as he offers  
this prayer.



## FIRST READING ISAIAH 6:1-8

Unlike any other prophet  
Isaiah hears his call from  
God in a vision while  
he is in the Temple. We  
can imagine the scene  
which Isaiah vividly  
describes as a kingly  
court. We can even feel  
Isaiah's fear that he is

not good enough and  
can identify with him.  
Then Isaiah is blessed by  
one of the angels who  
are serving God. Isaiah  
does not hesitate when  
he hears God calling for  
a messenger. "Here I am,  
send me!" he answers.

LOOK at the reader  
and LISTEN.  
Isaiah willingly answers  
God's call.

The cantor or psalmist  
sings or says the psalm.  
Listen to the verses,  
and then respond by  
using these words.

## RESPONSORIAL PSALM PSALM 137

Before the angels I will bless you, O Lord.



## SECOND READING 1 CORINTHIANS 15:1-11

Our faith has come from  
the apostles, from the  
people who knew Jesus  
and the truth of his death  
and resurrection. We can  
be certain that Jesus  
rose three days after he  
was crucified because  
he appeared to Peter  
and the apostles. Not

only that, but Jesus also  
appeared to more than  
five hundred disciples,  
most of whom are still  
alive at the time Paul  
is writing. Moreover,  
despite his history, Jesus  
appeared to Paul too.  
Jesus' life and love is  
worth preaching about!

LOOK at the reader  
and LISTEN.  
Paul is sharing the  
same beliefs that  
the apostles shared  
with him.



We give a shout of  
praise to God, using  
these words taken  
from the Bible.

## GOSPEL ACCLAMATION

Alleluia, alleluia!  
I call you friends, says the Lord,  
because I have made known to you  
everything I have learnt from my Father.  
Alleluia!



## DO YOU KNOW?

Fish crop up a lot in  
Jesus' story. Today we  
hear how Jesus helped  
Simon Peter to catch  
a huge trawl. After the  
resurrection Jesus cooks  
and eats fish with his  
disciples. A fish was an  
important sign for the  
first Christians, which is  
why this sheet is called  
ICHTHUS, the Greek word  
for fish! Find out the  
reasons by looking at the  
back of the sheet.



## THINK

When we pray "Hallowed  
be thy name" we are  
saying that God's name  
is holy and should be  
praised. God is perfect  
and deserves praise!  
In our first reading we  
hear that the seraphs,  
the angels, praise God  
crying, "Holy, holy,  
holy." When we say or  
sing "Holy, holy, holy" we  
are joining with Isaiah,  
the angels and all the  
saints praising God!



The Good News about Jesus is told to us by St Luke.

Early one morning Jesus is down by the lake of Gennesaret. The people are crowding round Jesus, straining to hear him. Jesus sees a solution when he sees a couple of boats. By sailing a little way out, Jesus can teach and everyone can hear. Then Jesus tells Simon Peter to sail further out

and put in his nets. Simon Peter has been fishing all night and caught nothing, but although he thinks it's a waste of time, he does what Jesus suggests. Simon Peter catches so many fish they fill two boats to sinking point! Meeting Jesus has changed Simon Peter's life forever.

STAND to LISTEN to the priest or deacon as he prepares to read the Gospel. Before he reads the Gospel, what does the priest do to his forehead, his lips and his heart? Can you copy him?

Listen to the reader as he or she encourages us to pray for situations and people in need. This is a prayer you could say privately.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.

We listen to the prayer of praise and thanks to God.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



PRAYER OF THE FAITHFUL

Dear Lord, I am thinking about the fish in our oceans and all your creatures. Help us to take care of our environment and all the resources you have given us. Lord, hear my prayer.



OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think about any time this week when you were tired and grumpy and then think about the times when you were positive and full of energy.

Say a little prayer offering these thoughts up to God.



THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?



THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

COMMUNION ANTIPHON

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.



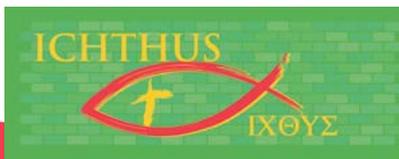
MY PRAYER AFTER COMMUNION

Thank you, Lord, for turning everything upside down. Your death doesn't look powerful, but it has given me life. Thank you! Amen.



We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.



PRAY

"Put out into deep water."

Help me to remember, Jesus, that you are always with me, even if you challenge me to go further than I think is possible. Help me to trust you. Amen.



DO

Praise God by singing the "Holy, holy, holy" or another hymn really loudly today! Sing when you pray this week too.



IXΘΥΣ

is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

- I (Jesus)
- X (Christos)
- Θ (Theou/God's)
- Υ (Uios/Son)
- Σ (Soter/Saviour)



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# ICHTHUS

SUNDAY 13 FEBRUARY 2022

6TH SUNDAY  
IN ORDINARY TIME

Year C



You have good reason to be really happy - God loves you!



## ENTRANCE ANTIPHON

Be my protector, O God,  
a mighty stronghold to save me.  
For you are my rock, my stronghold!  
Lead me, guide me, for the sake of your name.

We say these words or sing a hymn as the priest approaches the altar.

## COLLECT

O God, who teach us that you abide  
in hearts that are just and true,  
grant that we may be so fashioned by your grace  
as to become a dwelling pleasing to you...

We ask for God's help. Listen now to the priest as he offers this prayer.



## FIRST READING JEREMIAH 17:5-8

Jeremiah paints us a picture of trees, one in the wilderness and one by the waterside. Those who don't love God are like the tree in the desert. They have so little hope they can't see when good things come.

By contrast, the people who trust God are like the tree whose roots go deep into the stream. Even when it gets hot and there is no rain they don't need to worry. God gives them life and they will bear good fruit.

LOOK at the reader and LISTEN.

The prophet Jeremiah wants us to understand how blessed we are when we trust God.

## RESPONSORIAL PSALM PSALM 1

Happy the man who has placed his trust in the Lord.

The cantor or psalmist sings or says the psalm. Listen to the verses, and then respond by using these words.



## SECOND READING 1 CORINTHIANS 15:12, 16-20

Without Jesus' resurrection there would be no Christianity. We would not know how much God loves us and we would not be here in church today. Jesus' resurrection is absolutely central to our faith. Yet there have

always been people who have questioned what happened and whether there will be life after death. Today Paul tells us there definitely will be! Each one of us will share in Jesus' life. If Jesus has risen, then so will we!

LOOK at the reader and LISTEN.

All believers will share in the life of Jesus' resurrection.

## GOSPEL ACCLAMATION

Alleluia, alleluia!  
Blessed are you, Father,  
Lord of heaven and earth,  
for revealing the mysteries of the kingdom  
to mere children.  
Alleluia!

We give a shout of praise to God, using these words taken from the Bible.



## DO YOU KNOW?

Catholic Social Teaching (CST) is a set of principles which will help us to **live as God asks**. Based on the Bible, CST reminds us that we have a **responsibility to make the world a fairer place**. Perhaps we can work with our parish to help to **share our blessings** with anyone who is suffering.



## THINK

Jesus' list of those who are **blessed by God** must have surprised the disciples, just as it **surprises us today**. It's hard to imagine that people who are poor, hungry and sad can be happy. Jeremiah has given us a clue: it is **those who trust in God**, whose roots go deep into God's love who are blessed. When we know that **God loves us**, we can be **happy and full of life!**



## GOSPEL LUKE 6:17. 20-26

The Good News about Jesus is told to us by St Luke.

People have come from far and wide to be healed by Jesus. When Jesus arrives, he surprises everyone with his list of people who are blessed by God. Those who are poor, hungry and sad are the people who are blessed and will know what it means to be really

happy. But those who are rich and have everything they need now will find it harder to find lasting joy. When we have all we need, we think we don't need God. When life is not perfect we remember that God is important. Trusting in God is what will make us really happy.

### STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel.

Before he reads the Gospel, what does he do to his forehead, his lips and his heart? Can you copy him?



PRAY

"He is like a tree by the waterside."

Use your imagination in prayer. Imagine your roots are going deep into God's love. Feel God's joy in your heart. See the fruits, the good things you will do today.



## PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray for anyone who is suffering because of you. Although I know that in the end they will know lasting happiness, please be with them today and bring them comfort. Lord, hear my prayer.

Listen to the reader as he or she encourages us to pray for situations and people in need. Here is a prayer you could say privately.



## OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think about any time this week when you were sad and then think of all the happy times you have enjoyed.

Say a little prayer offering these thoughts up to God.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.



## THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?

We listen to the prayer of praise and thanks to God.



## THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

## COMMUNION ANTIPHON

God so loved the world that he gave his Only Begotten Son, so that all who believe in him may not perish, but may have eternal life.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



## MY PRAYER AFTER COMMUNION

Thank you, Jesus, for the joy your love gives me. Help me to always look to you to find hope and goodness. Amen.



# ΙΧΘΥΣ

is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

- I (Jesus)
- X (Christos)
- Θ (Theou/God's)
- Υ (Uios/Son)
- Σ (Soter/Saviour)

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We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.

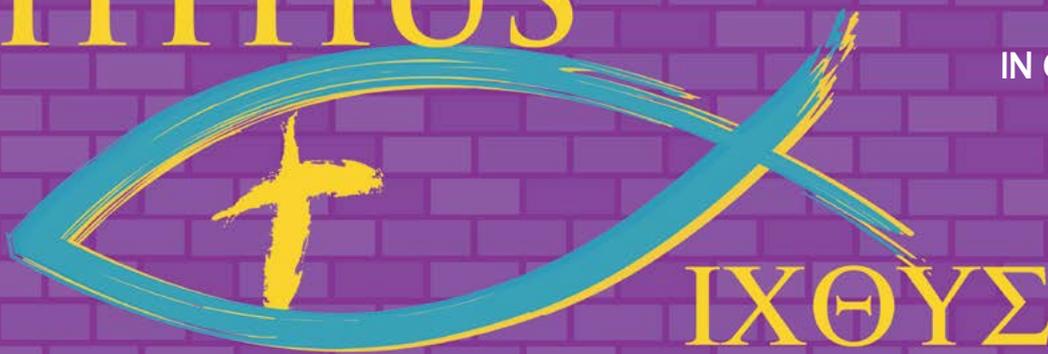


# ICHTHUS

SUNDAY 20 FEBRUARY 2022

7TH SUNDAY  
IN ORDINARY TIME

Year C



Thank you, Jesus, for inviting me here today.



## ENTRANCE ANTIPHON

O Lord, I trust in your merciful love.  
My heart will rejoice in your salvation.  
I will sing to the Lord who has been bountiful with me.

We say these words or sing a hymn as the priest approaches the altar.

## COLLECT

Grant, we pray, almighty God,  
that, always pondering spiritual things,  
we may carry out in both word and deed  
that which is pleasing to you...

We ask for God's help. Listen now to the priest as he offers this prayer.



## FIRST READING 1 SAMUEL 26:2. 7-9. 12-13. 22-23

It's like a thrilling film. Saul and his mighty army are tracking down David. In the stillness and silence of night David and Abishai, David's nephew, find their camp. Everyone is asleep – and here is king Saul, asleep

with his spear stuck in the ground beside him. What will David do now he has Saul in his power? Instead of killing his enemy, David just takes Saul's spear, as proof of his actions. David knows God is with him.

LOOK at the reader and LISTEN. David shows his good character when he has the opportunity to hurt Saul.

The cantor or psalmist sings or says the psalm. Listen to the verses, and then respond by using these words.

## RESPONSORIAL PSALM PSALM 102

The Lord is compassion and love.



## SECOND READING 1 CORINTHIANS 15:45-49

While we are here on earth, God wants us to enjoy our lives. Our bodies help us to appreciate God's wonderful world, with our sight, taste, touch and smell. But there is more to life than we can experience with our

senses. We also have souls and we can experience God's love too. Jesus rose from the dead and has a heavenly body now – and so will we one day! Even if we don't know exactly what it'll be like, heaven will be great!

LOOK at the reader and LISTEN. Jesus has given us all the chance of life forever!



We give a shout of praise to God, using these words taken from the Bible.

## GOSPEL ACCLAMATION

Alleluia, alleluia!  
Open our heart, O Lord,  
to accept the words of your Son.  
Alleluia!



## DO YOU KNOW?

**Mahātmā Gandhi** was an Indian lawyer who led the successful campaign for **India's independence** from British rule. Although Gandhi was Hindu, he was **inspired by Jesus' teaching** to use non-violence in the struggle for freedom. **Martin Luther King Jr**, a Christian minister, later used non-violence to gain **civil rights for Black people in the USA**.



## THINK

**Criticising and judging other people** is so easy. It can even make us feel special if we're part of a negative chat about someone else. Today's Gospel challenges us all: **don't judge!** We don't need to pull anyone else down so that we feel better about ourselves. Just know that **God loves us very much, just as we are!**



## GOSPEL LUKE 6:27-38

The Good News about Jesus is told to us by St Luke.

Few teachings are more challenging than Jesus' words today. Love your enemies, do good to those who hate you and pray for those who treat you badly. If someone slaps you on one cheek, offer the one too – and if they take your cloak, give your shirt as well. Anyone can love

those who love them, but Jesus expects more from his friends. We are to be caring and compassionate, just like God. Don't judge, but forgive others if we want to be forgiven. Following Jesus will turn the world upside down – and it will be more than worth it in the end!

STAND to LISTEN to the priest or deacon as he prepares to read the Gospel. Before he reads the Gospel, what does he do to his forehead, his lips and his heart? Can you copy him?

Listen to the reader as he or she encourages us to pray for situations and people in need. This is a prayer you could say privately.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.

We listen to the prayer of praise and thanks to God.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



### PRAYER OF THE FAITHFUL

Dear Lord, I am thinking about all the people who are suffering because of violence in the world. Help us to work for peace by making the brave decision to choose forgiveness in our own lives. Lord, hear my prayer.



### OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think about any time this week when you reacted in anger to a situation and then think of a time when you were thoughtful and kind.

Say a little prayer offering these thoughts up to God.



### THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?



### THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

### COMMUNION ANTIPHON

I will recount all your wonders,  
I will rejoice in you and be glad,  
and sing psalms to your name, O Most High.



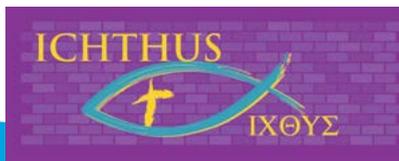
### MY PRAYER AFTER COMMUNION

Thank you, Jesus, for showing me by your example how non-violence can lead to victory. Thank you for showing me the power of love. Amen.



We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.



PRAY

"Forgive us our trespasses, as we forgive those who trespass against us."

Pray the Our Father, taking time to really think about the words Jesus gave us.



DO

Find out more about Pax Christi, the Catholic group of People Putting Peace Into Action at [paxchristi.org.uk](http://paxchristi.org.uk).



# IXΘΥΣ

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- X (Christos)
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# ICHTHUS

SUNDAY 27 FEBRUARY 2022

8TH SUNDAY  
IN ORDINARY TIME

Year C



Thank you, Jesus, for filling my heart with love today.



## ENTRANCE ANTIPHON

The Lord became my protector.  
He brought me out to a place of freedom;  
he saved me because he delighted in me.

We say these words or sing a hymn as the priest approaches the altar.

## COLLECT

Grant us, O Lord, we pray,  
that the course of our world  
may be directed by your peaceful rule  
and that your Church may rejoice,  
untroubled in her devotion...

We ask for God's help. Listen now to the priest as he offers this prayer.



## FIRST READING ECCLESIASTICUS 27:4-7

Pottery is tested when it is fired in the kiln. Some clay breaks in the intense heat and comes out in pieces. Our reading today says that people are tested by conversation. What someone says tells us what they are like. Sieves separate the rubbish from what is worth keeping. In the same way, what we say separates the good from the bad, with our faults being shown up in what we say. Our words say a lot about what we are like.

LOOK at the reader and LISTEN. What we say, and the words we use, matter.

## RESPONSORIAL PSALM PSALM 91

It is good to give you thanks, O Lord.

The cantor or psalmist sings or says the psalm. Listen to the verses, and then respond by using these words.



## SECOND READING 1 CORINTHIANS 15:54-58

While it is true that our physical bodies will die, Paul's letter today has some very good news. We can all live forever! Because Jesus died and rose again, we don't ever need to be afraid of dying. Jesus has made it possible for us all to live forever. Death is not the end for us anymore. Jesus' love is stronger than anything bad. We all have the hope of the resurrection and know that with God on our side anything is possible.

LOOK at the reader and LISTEN. Jesus' resurrection has given us life forever!

## GOSPEL ACCLAMATION

Alleluia, alleluia!  
You will shine in the world like bright stars  
because you are offering it the word of life.  
Alleluia!



We give a shout of praise to God, using these words taken from the Bible.



## DO YOU KNOW?

Wednesday 2 March is Ash Wednesday. Last year's palm leaves will be burnt and the ashes put on our foreheads in the sign of a cross. As we start Lent, we will think about how we can grow to be more like Jesus. How will we be more loving, giving and prayerful?



## THINK

Let's fill our hearts with love and goodness, then we can share goodness and kindness with everyone else. If we store up nastiness and bitterness, we will only be able to be mean to other people. God will help us to let go of the hurt which can make it hard to love others.



The Good News about Jesus is told to us by St Luke.

If you've ever played trust games, you will know that if one person is blindfolded someone else needs to guide them around the room. If both people are blindfolded disasters can happen! Jesus says that we all need to listen to help from others. We can all see what's wrong with

other people, but unless we sort ourselves out we can't help anyone else. It's a bit like trying to take a splinter out of someone else's eye when we have a great piece of wood in our own eye. If we want to change the world, we need to start with ourselves.

STAND to LISTEN to the priest or deacon as he prepares to read the Gospel. Before he reads the Gospel, what does he do to his forehead, his lips and his heart? Can you copy him?



PRAY

"Love one another, just as I have loved you."

Thank you, Jesus, for loving me so much. Please help me to love myself too, so that I can share your love with others. Amen.



PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray for anyone who is unable to find work. Help them to know that they matter more than what they do and help them to find the resources they need. Lord, hear my prayer.

Listen to the reader as he or she encourages us to pray for situations and people in need. Here is a prayer you could say privately.



OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think about any time this week when you were mean to someone and then think about all the times you were kind and loving.

Say a little prayer offering these thoughts up to God.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.



THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?

We listen to the prayer of praise and thanks to God.



THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

COMMUNION ANTIPHON

Behold, I am with you always, even to the end of the age, says the Lord.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



MY PRAYER AFTER COMMUNION

Thank you, Jesus, for filling my heart with love. Help me to share your love with everyone I meet. Amen.



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