

ICHTHUS

SUNDAY 7 MARCH 2021

3RD SUNDAY OF LENT

Year B



Thank God that we are free to come to such a special place to say our prayers



ENTRANCE ANTIPHON

My eyes are always on the Lord,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.

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

COLLECT

O God, author of every mercy and of all goodness,
who in fasting, prayer and almsgiving
have shown us a remedy for sin,
look graciously on this confession of our lowliness,
that we, who are bowed down by our conscience,
may always be lifted up by your mercy
and an everlasting inheritance...

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



FIRST READING

EXODUS 20:1-17

Nothing could be better
than saving the Hebrews
from slavery. But now
God helps even more,
by giving the people
rules to live by. These
commandments will help
everyone to get on with
each other and so get to
know God better. The first

few rules remind us that
everything comes from
God and then the rest
focus on other people.
Moses' covenant with
God involves everyone.
God will be with the
people and they want to
thank God by keeping
the commandments.

LOOK at the reader
and LISTEN.
God gives the people
a special gift – his
commandments!

RESPONSORIAL PSALM PSALM 18

You, Lord, have the message of eternal life.

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



SECOND READING

1 CORINTHIANS 1:22-25

Jesus' death and
resurrection seemed just
as strange two thousand years
ago as it can do to people
today. It makes no sense.
And yet, for those of us
who believe, Jesus' death
is what gives us meaning

and makes the most sense
of life. God does not need
a great show of power
or fit into human ideas of
wisdom. We see in Jesus
just how much God loves
each one of us. We don't
need anything else.

LOOK at the reader
and LISTEN.
God's ways are not
our ways.



GOSPEL ACCLAMATION

Praise to you, O Christ, king of eternal glory!
I am the resurrection and the life, says the Lord,
whoever believes in me will never die.
Praise to you, O Christ, king of eternal glory!

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



DO YOU KNOW?

Wednesday 10 March is
the feast day of **St John
Ogilvie**. He was born in
Scotland in 1579 and sent
to school in Europe. John
became a Jesuit priest
(like Pope Francis) and
returned to Scotland,
where it was illegal to be
Catholic. St John Ogilvie
died rather than give up
his faith.



THINK

Unlike the other Gospels,
the cleansing of the
Temple is at the start of
John's Gospel. From the
very beginning we see
that Jesus is not afraid
to stand up for what is
right, even if it causes
trouble. Jesus will help
us to stand up for what
is right too.



GOSPEL JOHN 2:13-25

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

Right at the start of his ministry Jesus shows by his words and actions just who he is and what he is about. When he goes to Jerusalem for the Passover Jesus stands up for what is right. Finding traders in the Temple, Jesus physically chases them and their animals away. This is

his Father's house and it should be treated with respect. Having made it clear that he is God's Son, Jesus explains that his actions point to something even more important. The real temple is Jesus himself. He will die and rise again three days later. Jesus is in charge of everything.

STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel. What does the priest or deacon do to the book when he has finished reading the Gospel?

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.



PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray for anyone who is suffering today because they were brave enough to speak out against injustice. Be with them and give them hope. Lord, hear my prayer.



OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think of a time when you were happy to ignore something that you knew was wrong and then think about all the times this week you chose to do what is right.

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

The sparrow finds a home,
and the swallow a nest for her young:
by your altars, O Lord of hosts, my King and my God.
Blessed are they who dwell in your house,
for ever singing your praise.

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 sharing your life and love with me.
Help me to follow your ways and so grow closer to 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.

ICHTHUS



PRAY

"I am the Lord your God who brought you out of the land of Egypt, out of the house of slavery."

Make a list of all God has done for you, everything you are grateful for. Say a great big "thank you"!



DO

Find out about trading rules and talk to your family about buying fairly traded food and clothes.



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)

redemptorist
publications

Ichthus. Edited by Rachel Thompson.
Published by Redemptorist Publications
Wolf's Lane, Chawton, Hampshire GU34 3HQ.
Copyright © Redemptorist Publications.
A registered charity limited by guarantee.
Registered in England 03261721. www.rpbooks.co.uk. Excerpts from the English translation of The Roman Missal © 2010, International Commission on English in the Liturgy Corporation. Concordat cum originali Ann Blackett. Imprimatur + Peter Doyle, Bishop of Northampton 13 July 2018. Permission granted for distribution in the dioceses of Scotland.

FSC
logo

ICHTHUS

SUNDAY 14 MARCH 2021

4TH SUNDAY OF LENT

Year B



Thank you, Jesus, for loving me so much!



ENTRANCE ANTIPHON

Rejoice, Jerusalem, and all who love her.
Be joyful, all who were in mourning;
exult and be satisfied at her consoling breast.

COLLECT

O God, who through your Word
reconcile the human race to yourself in a wonderful way,
grant, we pray,
that with prompt devotion and eager faith
the Christian people may hasten
toward the solemn celebrations to come...



FIRST READING 2 CHRONICLES 36:14-16. 19-23

God's people are not doing well. Instead of living as God asks, they have been copying the behaviour of their neighbours. Rather than listening to the prophets God has sent to remind them how to live, the people have ignored and laughed at them.

God is left with no option. Jerusalem is demolished, the Temple is destroyed and the people are taken captive. Hope comes from an unexpected person. Cyrus, the foreign king, sees what is needed and does God's work, rebuilding the Temple.

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

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

LOOK at the reader and LISTEN.
Hope comes from an unlikely place!

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

RESPONSORIAL PSALM PSALM 136

O let my tongue
cleave to my mouth
if I remember you not!



SECOND READING EPHESIANS 2:4-10

God loves us very, very much. We know how much God loves us because Jesus has shown us. Jesus' death and resurrection have given us life. We can enjoy our life now because we have the joy of knowing

that we are loved – and we can look forward to living with God forever in heaven. We are God's work of art. God has made us to shine with goodness. Let's live good lives, sharing Jesus' love with everyone we meet.

LOOK at the reader and LISTEN.
God's love is a completely free gift.



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

GOSPEL ACCLAMATION

Glory and praise to you, O Christ!
God loved the world so much that he gave his only Son;
everyone who believes in him has eternal life.
Glory and praise to you, O Christ!



DO YOU KNOW?

Today is Laetare Sunday. "Laetare" means "rejoice" in Latin. Although we are in the middle of Lent, we have a glimpse today of the joy and happiness we will experience at Easter.



THINK

Catholic churches usually have a crucifix, a cross with the figure of Jesus on it. A crucifix can help us to understand how much God loves us. When we really love someone it can be hard putting their needs first. A crucifix helps us to see that joy can come out of suffering and that God is with us, whatever happens.



GOSPEL JOHN 3:14-21

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

God doesn't want to judge us. God just wants to love us. God the Father sent Jesus to show us just how much we are loved. Through his death Jesus brings light and life into the world. No one needs to be afraid anymore. We know God is on our

side, helping us to see how to live and giving us hope. If we keep our eyes on Jesus and follow his example, we can't go wrong. Jesus draws people together and together we can change the world, by sharing his light and love and living as he asks.

STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel. What does the priest or deacon do to the book when he has finished reading the Gospel?



PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray for anyone who is depressed or anxious. Help them to know the joy and happiness that your love brings and give them hope. Lord, hear my prayer.

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.



OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think of a time when you were critical of other people and then think about how you appreciated the goodness of your family and friends.

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

Jerusalem is built as a city bonded as one together. It is there that the tribes go up, the tribes of the Lord, to praise the name of 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 loving me and always being with me. Help me to walk in your light, sharing the joy your love brings me. Amen.



PRAY

"We are God's work of art."

Think about how uniquely wonderful you are. No one else will ever bring to the world all you do. Ask God to help you grow in self-confidence.



DO

Celebrate Laetare Sunday by doing something fun - go for a walk, play a game or have a joke competition!



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)

redemptorist
publications

Ichthus. Edited by Rachel Thompson.
Published by Redemptorist Publications
Wolf's Lane, Chawton, Hampshire GU34 3HQ.
Copyright © Redemptorist Publications.
A registered charity limited by guarantee.
Registered in England 03261721. www.rpbbooks.co.uk. Excerpts from the English translation of The Roman Missal © 2010, International Commission on English in the Liturgy Corporation. Concordat cum originali Ann Blackett. Imprimatur + Peter Doyle, Bishop of Northampton 13 July 2018. Permission granted for distribution in the dioceses of Scotland.

FSC
logo



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 21 MARCH 2021

5TH SUNDAY OF LENT

Year B



Thank you, Jesus, for being with me and helping me this week.



ENTRANCE ANTIPHON

Give me justice, O God, and plead my cause against a nation that is faithless.

From the deceitful and cunning rescue me, for you, O God, are my strength.

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

COLLECT

By your help, we beseech you, Lord our God, may we walk eagerly in that same charity with which, out of love for the world, your Son handed himself over to death...

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



FIRST READING JEREMIAH 31:31-34

In the past there have been agreements, covenants between God and the people. Now God is taking this loving, covenant relationship to another level. A covenant usually has duties on both sides, but God says that

this is a new covenant. Even though the people will break their side of the agreement and not stick to their promises, God will still love them and be with them. God doesn't just forgive our sins, God will not even think about them.

LOOK at the reader and LISTEN.

God loves us and forgives us no matter what.

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

RESPONSORIAL PSALM PSALM 50

A pure heart create for me, O God.



SECOND READING HEBREWS 5:7-9

Even though he was the Son of God, Jesus was a human being too. Just like us, Jesus found life hard at times. Jesus knew that prayer, spending time with God the Father, would help him. Jesus talked to

God and he listened. He prayed out loud, in silence and he cried to God when he was sad. Jesus became perfect and we can grow to be even better people by living as Jesus did. Prayer will help us too.

LOOK at the reader and LISTEN.

Even Jesus was able to learn through his suffering.

GOSPEL ACCLAMATION

Glory to you, O Christ, you are the Word of God! If a man serves me, says the Lord, he must follow me; wherever I am, my servant will be there too. Glory to you, O Christ, you are the Word of God!

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



DO YOU KNOW?

Thursday 25 March is the feast of **The Annunciation of the Lord** which celebrates the Angel Gabriel's announcement that Mary was going to have the baby Jesus. How amazing that God chose to become a human being, just like us! How will we "announce" Jesus today? How will we **bring God's love into the world** by what we do?



THINK

How are your **Lenten** promises going? Even if you have given up, it's not too late to **give them another go!** Perhaps you could choose to spend some extra time every day this week just talking and listening to God in prayer.



GOSPEL JOHN 12:20-33

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

When a grain of wheat falls onto the ground and dies that is not the end of the story. The grain goes into the earth and grows, producing even more food for the harvest. Jesus uses this hopeful image to talk about his death. He is not looking forward to dying, but Jesus knows it

is what his life has been about. Just as the wheat grain produces a rich harvest, Jesus' death will give life to the whole world. Although it's not always easy, following Jesus' example by sharing love and putting others before ourselves will bring us real, lasting joy.

STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel. What does the priest or deacon do to the book when he has finished reading the Gospel?



PRAYER OF THE FAITHFUL

Dear Lord, I am thinking about people who feel frightened and sad because they have done something wrong. Help them to know that you love and forgive them. Lord, hear my prayer.

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.



OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think of a time this week when you were fed up and just couldn't be bothered and then think about a time when you really enjoyed what you were doing.

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

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.

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

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

Amen, Amen I say to you: Unless a grain of wheat falls to the ground and dies, it remains a single grain. But if it dies, it bears much fruit.

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 showing me what real love means by dying on the cross. Help me not to be afraid to do what's right, even when it's hard. 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

"I will be their God and they will be my people."

Be still with God. Let your muscles relax and your breathing slow down. Let God's love fill your heart.



DO

Find out when you might be able to receive the sacrament of reconciliation this week, or before Easter.



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)

redemptorist
publications

Ichthus. Edited by Rachel Thompson.
Published by Redemptorist Publications
Wolf's Lane, Chawton, Hampshire GU34 3HQ.
Copyright © Redemptorist Publications.
A registered charity limited by guarantee.
Registered in England 03261721. www.rpbooks.co.uk. Excerpts from the English translation of The Roman Missal © 2010, International Commission on English in the Liturgy Corporation. Concordat cum originali Ann Blackett. Imprimatur + Peter Doyle, Bishop of Northampton 13 July 2018. Permission granted for distribution in the dioceses of Scotland.

FSC
logo

ICHTHUS

SUNDAY 28 MARCH 2021

PALM SUNDAY OF THE
PASSION OF THE LORD

Year B



Hooray for Jesus - king of my heart!



ENTRANCE ANTIPHON

Hosanna to the Son of David;
blessed is he who comes in the name of the Lord,
the King of Israel.
Hosanna in the highest.

COLLECT

Almighty ever-living God,
who as an example of humility for the human race to follow
caused our Saviour to take flesh and submit to the Cross,
graciously grant that we may heed his lesson of patient suffering
and so merit a share in his Resurrection...



FIRST READING

ISAIAH 50:4-7

God will give me the words
to say, to give hope to
people who are suffering.
I wake every morning with
God and listen, learning
from everything God says
to me. God helps me to
hear what I need to know.

I did not fight back when I
was attacked because of
my faith. Despite people
laughing at me and hurting
me, even pulling at my
beard and spitting on me,
I did not lose faith. I know
God is with me.

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

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

LOOK at the reader
and LISTEN.
The Suffering Servant
has trust and faith
in God.

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

RESPONSORIAL PSALM PSALM 21

My God, my God, why have you forsaken me?



SECOND READING

PHILIPPIANS 2:6-11

Jesus is God. Yet he did
not hold onto the power
God has. Jesus emptied
himself and became a
human being, just like
us. In fact, more than
this, Jesus was not afraid
to become like a slave
and accept a criminal's
death. In this seeming

weakness, however, is
Jesus' strength. Having
accepted his human
suffering Jesus was
raised high. His name is
more important than any
other name. Everyone
should show, by kneeling
before him, what a
wonderful king Jesus is.

LOOK at the reader
and LISTEN.
Jesus emptied
himself so that he
could become a
human being just
like us.

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

GOSPEL ACCLAMATION

Praise to you, O Christ, king of eternal glory.
Christ was humbler yet,
even to accepting death, death on a cross.
But God raised him high
and gave him the name which is above all names.
Praise to you, O Christ, king of eternal glory.



DO YOU KNOW?

This week, Holy Week, is the
most important week of
the Church's year. We enjoy
Christmas so much that
it's easy to think it's the
most important festival.
Easter, however, is the most
special Christian feast
day. Perhaps you can plan
how to make next Sunday
an even more special
celebration than usual.



THINK

The people who cheered
for Jesus on Palm Sunday
are the same people who
shout for his crucifixion
at the end of the week.
Crowds can help us forget
what is right. We don't
want to stand out and
disagree with everyone
else. Perhaps this story
will help us to be brave in
a crowd.



GOSPEL MARK 14:1 – 15:47

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

Today we hear how much Jesus had to suffer before he died. It is Jesus' friend Judas who gives Jesus away to the authorities who want to get rid of him. After the Last Supper Jesus' best friends keep falling asleep when he asks them to stay awake with him in the Garden of Gethsemane. Despite

promising to stand by Jesus forever, Peter says he does not know Jesus three times. In the religious court, Jesus is hit and spat on. The crowd turn against Jesus, calling for Barabbas to be set free. Then the Roman soldiers mock and beat him. Finally, even as he is dying on the cross, people jeer at Jesus.

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.



PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray for anyone who has been rejected and hurt by other people. Help them to know that you understand and let them feel your healing love. Lord, hear my prayer.



OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think of a time this week when you let someone down and then think of a time when you were a really good friend to someone.

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

Father, if this chalice cannot pass without my drinking it, your will be done.

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 showing me what real love is. Help me to put other people before myself and not think it's always all about me. 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

"Stay here while I pray."

Spend a few moments with Jesus. Have a chat about your day if you like. Most especially, just sit and enjoy being together with your friend.



DO

Imagine you are one of Jesus' disciples and write a short diary entry every day this week.



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)

redemptorist
publications

Ichthus. Edited by Rachel Thompson.
Published by Redemptorist Publications
Wolf's Lane, Chawton, Hampshire GU34 3HQ.
Copyright © Redemptorist Publications.
A registered charity limited by guarantee.
Registered in England 03261721. www.rpbooks.co.uk. Excerpts from the English translation of The Roman Missal © 2010, International Commission on English in the Liturgy Corporation. Concordat cum originali Ann Blackett. Imprimatur + Peter Doyle, Bishop of Northampton 13 July 2018. Permission granted for distribution in the dioceses of Scotland.

FSC
logo