

OUR LADY STAR OF THE SEA, MUMBLES

HOME PRAYER SERVICE FOR SUNDAYS

5th Sunday of Ordinary Time (B), 7 February 2021

This home prayer service can be used by a single person (sole participant) or by family members at home. Where there are two or more persons, a family member leads the prayer service (including reading the reflection). Where possible, the participant(s) should have the prayer service around a table with a lighted candle, a crucifix and a Bible (or missal).

ENTRANCE SONG (OR ANTIPHON)

An opening song may be sung or the following antiphon is recited. All stand.

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

We begin with the sign of the Cross:

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

A leader or the sole participant says:

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

Response: Blessed be God for ever.

INTRODUCTION

Where there are two or more persons in the house, the leader introduces the celebration in these or similar words:

**Without Christ our lives would be pure drudgery.
We would be like slaves, or like workmen with
nothing to look forward to but our wages. But the
healing power of Christ has transformed our lives;
now we are free to make ourselves like him,
offering men the good news without asking for
anything in return.**

PENITENTIAL ACT

The sole participant or leader introduces the penitential act saying:

**Let us acknowledge our sins, and so prepare
ourselves for this celebration.**

A brief pause for silence follows.

**I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,**

**all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.**

The sole participant or the leader says:

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

Response: Amen.

COLLECT

The sole participant or leader says the Collect Prayer:

**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.**

Response: Amen.

READINGS

After each reading a brief silence is observed. It is desirable to take all the readings with the responsorial psalm, all of which are available in the Sunday Missal. Where all readings of the Sunday cannot be taken, the Gospel (printed below) is read. The one who reads the Gospel, if not a priest or deacon, does not say "The Lord be with you" but begins with "A reading from the holy Gospel according to...".

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 Acclamation: Jn8:12

Gospel: Mark 1:29-39

A reading from the Holy Gospel according to Mark

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.

The Gospel of the Lord

REFLECTION

The sole participant or leader reads a homily prepared by the priest; or may give a short reflection on the scripture readings of the day. The reflection is followed by a period of silence.

PROFESSION OF FAITH

The creed is said:

I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

GENERAL INTERCESSIONS

The General Intercessions are said:

Leader: The Father sends his only Son to heal us. We are confident that he can heal the whole person, body and soul. So we pray to our gentle Father through his Son.

Reader: Let us pray that the Church may be continually healed in its human weakness, division and sinfulness.

Lord, in your mercy

Response: Hear our prayer

Reader: Let us pray that we may show active charity in visiting the sick and lonely people in our neighbourhood. Lord, in your mercy

Response: Hear our prayer

Reader: Let us pray that those who are sick with the coronavirus may regain their health through quality medical care and may those who have died from the virus find eternal rest with God. Lord, in your mercy

Response: Hear our prayer.

Reader: Let us pray for our sick and housebound parishioners, that they may be strengthened through the power of the Holy Spirit. Lord, in your mercy

Response: Hear our prayer.

Reader: In thanksgiving to the Lord, we pray for parishioners who mark their birthdays this week: Terri Jukes, Jonathan Pass, Ade Oshisanya, Eira Hooper. May the Lord bless and keep them. Lord, in your mercy

Response: Hear our prayer.

Reader: Let us pray to our Father in the words Our Saviour taught us: **Our Father, who art in heaven...**

ACT OF SPIRITUAL COMMUNION

After a brief period of silence, the Prayer of Spiritual Communion is said by all.

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.

A song of thanksgiving may be sung after the prayer of spiritual communion.

CONCLUDING PRAYER

The sole participant or leader says the concluding prayer:

May your healing work, O Lord, free us, we pray, from doing evil and lead us to what is right. Through Christ our Lord. Amen.

The sole participant or leader concludes the rite by signing himself or herself with the Sign of the Cross while saying the following:

May almighty God bless us, the Father, and the Son, and the Holy Spirit. Amen.