

St Chad's Cathedral

Booklet on Liturgy and Scripture



February 2021

**The month of the
Holy Family**

Season of Lent

The season of Lent begins with **Ash Wednesday** (17th February), one of two days of fasting and abstinence during the Church's year. Its origin is found in the ancient Jewish custom of sprinkling oneself with ashes as a sign of repentance. In liturgy ashes are typically imposed with the words: "Remember you are dust and to dust you shall return." They remind us of our mortality but also of the story of creation in the Book of Genesis, as God fashions Adam out of dust, breathing life into his nostrils. Just like Adam, we too are given the gift of life — our earthly life but also, through his sacrifice on the cross, life eternal.

On **Ash Wednesday** we are invited to reflect on the reality that, without God, we are no more than dust but, through God's gracious gift, we are given the dignity of his beloved sons and daughters. This day draws us into the Season of Lent as a time for repentance and conversion; an opportunity, with Our Lord's help, to detach ourselves from the things of this world in order to open ourselves more fully to God's gift of love and mercy in our life.

The **Season of Lent** itself lasts 40 days as a reference to the story of Exodus, the journey of the Hebrews from slavery to the Promised Land. As Christians we are to relive this experience as we set ourselves on the path from slavery to sin to the new life that God offers to each one of us. In the desert the Chosen People faced struggles and temptations but also grew in faith and holiness. The three pillars of Lent — **Prayer, Fasting, and Almsgiving** — can sometimes make us feel like an arduous hike through wilderness or a desert. Yet, when we challenge ourselves to focus less on our own physical desires and more on the needs of our own soul and that of others, we will inevitably come out of Lent refreshed and rejuvenated.

For Jesus the 40 days in the desert was a time of preparation for his public ministry. May these forthcoming days of Lent be for us also a time to refocus our lives in order to prepare to celebrate Easter with a renewed gift of hope and faith.

5th Sunday of Ordinary Time

Sunday 7th February



(Job responds in faith to suffering and misfortune)

First Reading:	Job 7:1-4,6-7
Responsorial Psalm:	Psalm 146
Second Reading:	1 Corinthians 9:16-19,22-23
Gospel:	Mark 1:29-39

Phrases to look out for:

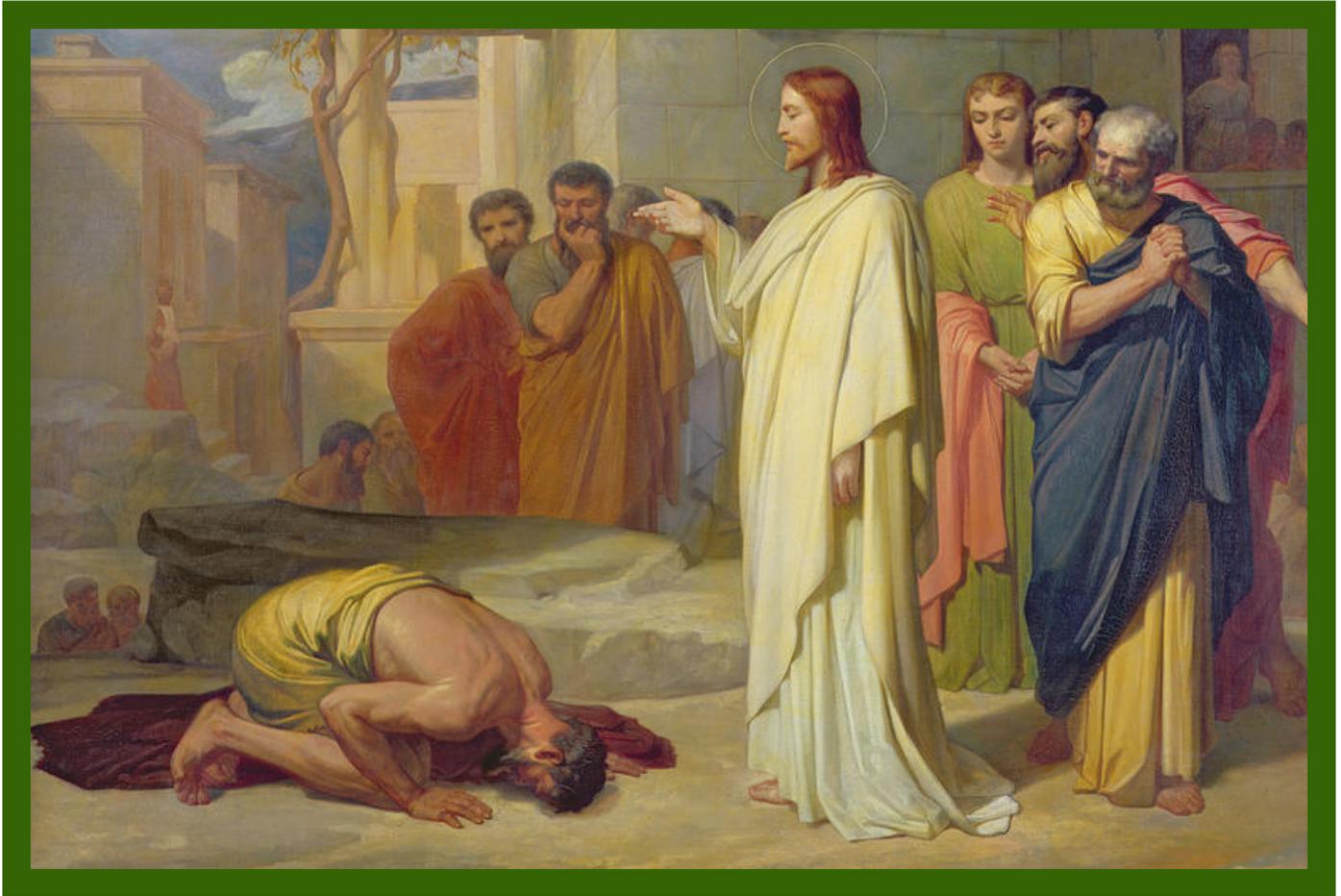
"Praise the Lord who heals the broken-hearted."

"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."

"[Jesus] 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.."

6th Sunday of Ordinary Time

Sunday 14th February



(Jesus heals a man effected by leprosy)

First Reading:	Leviticus 13:1-2,44-46
Responsorial Psalm:	Psalm 31
Second Reading:	1 Corinthians 10:31-11:1
Gospel:	Mark 1:40-45

Phrases to look out for:

“A man infected with leprosy must wear his clothing torn and his hair disordered; he must shield his upper lip and cry, “Unclean, unclean.” As long as the disease lasts he must be unclean; and therefore he must live apart: he must live outside the camp.”

“Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God.”

“A leper came to Jesus and pleaded on his knees: ‘If you want to’ he said ‘you can cure me.’ Feeling sorry for him, Jesus stretched out his hand and touched him. ‘Of course I want to!’ he said. ‘Be cured!’ And the leprosy left him at once and he was cured.”

Ash Wednesday

Wednesday 17th February



*(Pope Francis receiving ashes in the ancient Roman style:
by sprinkling on the crown of his head)*

First Reading:	Joel 2:12-18
Responsorial Psalm:	Psalm 50
Second Reading:	2 Corinthians 5:20-6:2
Gospel:	Matthew 6:1-6, 16-18

Phrases to look out for:

“Come back to me with all your heart, fasting, weeping, mourning.’ Let your hearts be broken, not your garments torn, turn to the Lord your God again, for he is all tenderness and compassion, slow to anger, rich in graciousness, and ready to relent.”

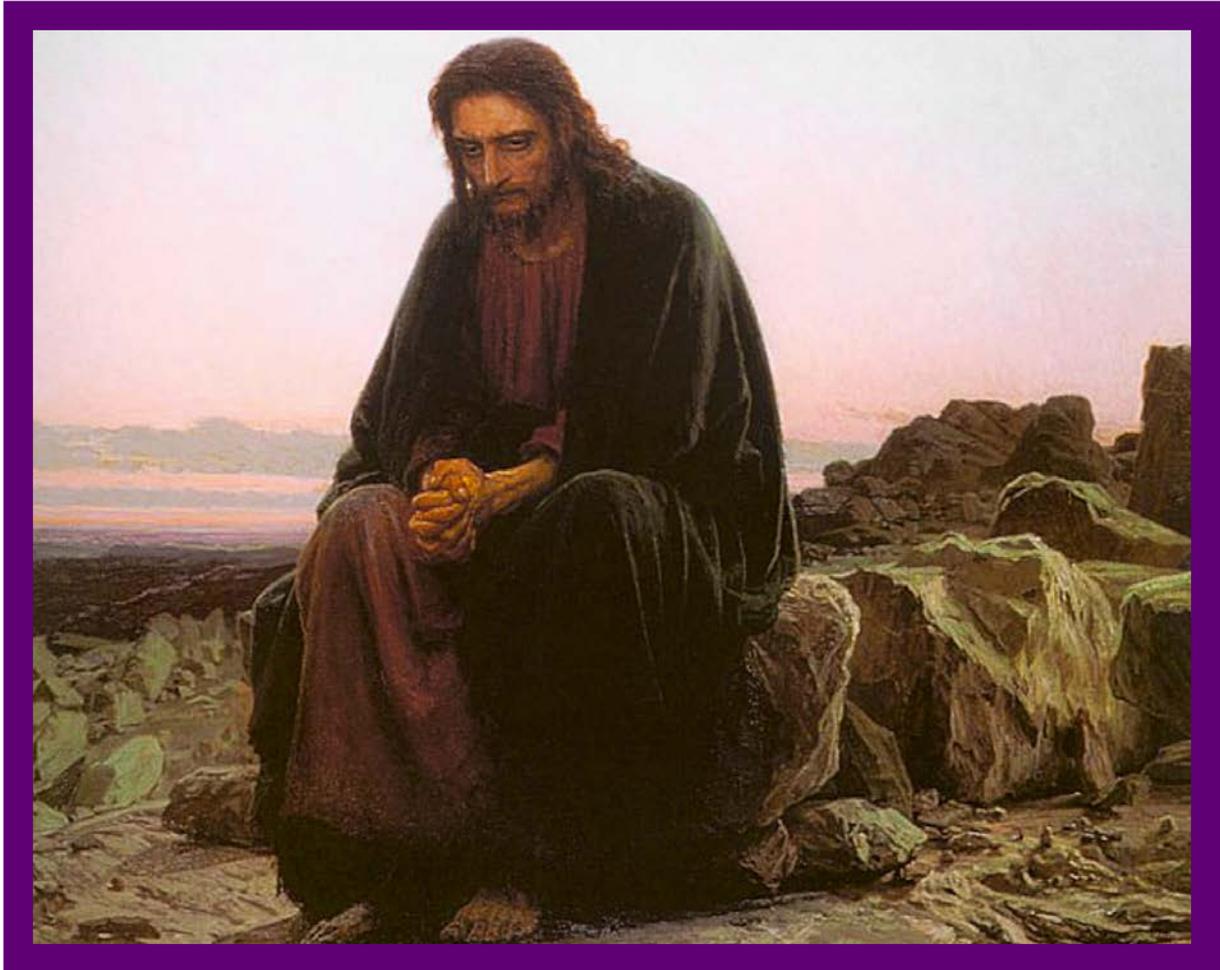
“Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin.”

“Now is the favourable time; this is the day of salvation.”

“When you fast, put oil on your head and wash your face, so that no one will know you are fasting except your Father who sees all that is done in secret; and your Father who sees all that is done in secret will reward you.”

1st Sunday of Lent

Sunday 21st February



(Jesus praying and fasting in the desert)

First Reading:	Genesis 9:8-15
Responsorial Psalm:	Psalm 24
Second Reading:	1 Peter 3:18-22
Gospel:	Mark 1:12-15

Phrases to look out for:

“God spoke to Noah and his sons, ...’I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood.’”

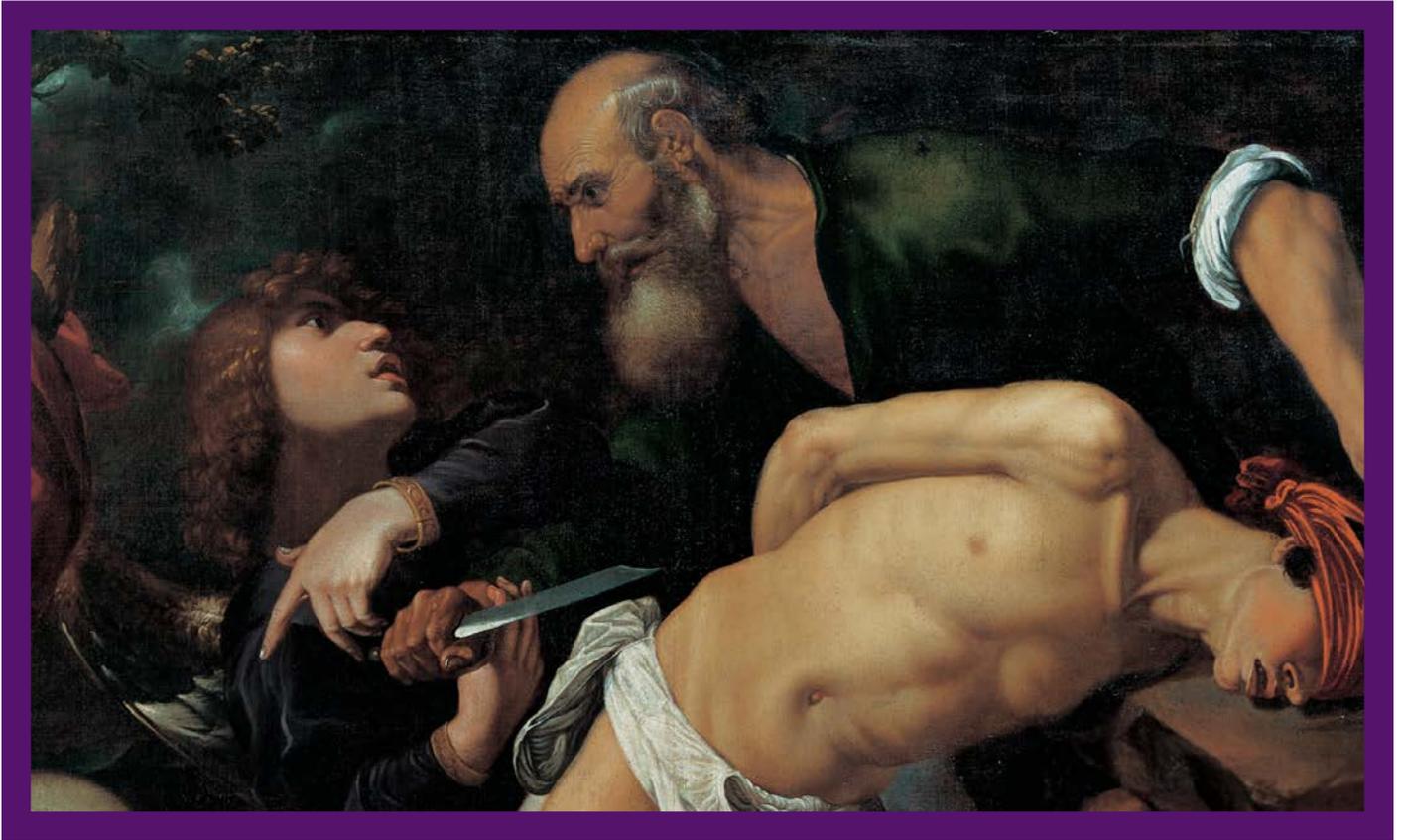
“Now it was long ago, when Noah was still building that ark which saved only a small group of eight people ‘by water’... That water is a type of the baptism which saves you now”

“The Spirit drove Jesus out into the wilderness and he remained there for forty days.”

“The time has come’ [Jesus] said ‘and the kingdom of God is close at hand. Repent, and believe the Good News.’”

2nd Sunday of Lent

Sunday 28th February



('The binding of Isaac')

First Reading:	Genesis 22:1-2,9-13,15-18
Responsorial Psalm:	Psalm 115
Second Reading:	Romans 8:31-34
Gospel:	Mark 9:2-10

Phrases to look out for:

"Because you have done this, because you have not refused me your son, your only son, I will shower blessings on you, I will make your descendants as many as the stars of heaven and the grains of sand on the seashore."

"Since God did not spare his own Son, but gave him up to benefit us all, we may be certain, after such a gift, that he will not refuse anything he can give."

"There in their presence he was transfigured: his clothes became dazzlingly white, whiter than any earthly bleacher could make them....and there came a voice from the cloud, 'This is my Son, the Beloved. Listen to him.' Then suddenly, when they looked round, they saw no one with them any more but only Jesus."

Days of Special Significance

Tuesday 2nd **The Presentation of the Lord**

Lent Begins

Wednesday 17th **Ash Wednesday**

Monday 22nd **St Peter's Chair**

Feast of the Presentation of the Lord



“In the mysterious encounter between Simeon and Mary, the Old and New Testaments are joined. Together the ageing prophet and the young mother give thanks for this Light which has kept the darkness from prevailing. It is the Light which shines in the heart of human life: Christ, the Saviour and Redeemer of the world, "a light for revelation to the Gentiles and for the glory of his people Israel".”

(Pope St. John Paul II, 1999)

The Pope's Prayer intention for February 2021

Violence against Women

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.