

LIGHTING A CANDLE

Each of us can choose to go on with the little quiet things, pouring all the love we can find in our hearts into them, even if it feels like we haven't found very much. We may discover as we go on that our hearts are growing little by little, and that in them our love grows too. And we do not need to wait until we feel good about ourselves in order to begin. Even if we find ourselves trapped in a shadow dark as death, bound by self-pity or self-hate with no way out, then let us begin anyway. We have nothing to lose by lighting one little candle for our neighbour. We do not have to believe we are good in order to do something good, but when we try we may find that, in fact, there is indeed something good in us after all. We don't need to feel complete, or in control, or impressive in any way to light that candle. And when we do that for our neighbour the light will shine a little on us too. More of our very selves will be revealed to us and we will see that the darkness lied to us and that we really aren't that ugly after all. And the darkness, having been found out, will take flight, in fear of the rising sun, in fear of that newly discovered thing growing in our hearts.



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Mass text

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

FIRST READING Job 7:1-4, 6-7

PSALM Psalm 146

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

Or **Alleluia!**

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

2. 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. **R.**

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

SECOND READING 1 Corinthians 9:16-19, 22-23

GOSPEL ACCLAMATION

**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

COMMUNION ANTIPHON

Let them thank the Lord for his mercy, his wonders for the children of men and the hungry he fills with good things.



SUNDAY BULLETIN

LITTLE ACTS OF LOVE



As we try to live a life of charity we are not all called to make radical, life-changing decisions. The great figures of history who defeated injustice, the wonderful saints of old who kissed lepers, the remarkable people who have taken vows to spend every day of their life performing works of charity, show us what charity can look like: how very beautiful it can be. But most of us aren't called to that. Instead we are only called to say something nice to the difficult child in the playground that the rest of our schoolmates don't want to talk to, or to visit the family in our street newly arrived from a faraway place, or to drive our sick, housebound neighbour to the hospital. The women of my village who head to the kitchen of our village hall every time there is a local funeral with their homemade soup and sandwiches, as a gift to the grieving family and friends who gather there after the graveside prayers – they are practising charity of that sort, not for any rewards, or accolades, or future success to work towards.

There is nothing here that is going to make headlines. When I see people like those makers of the soup and sandwiches, I think of Mary, the mother of Jesus. Despite being perhaps the most famous woman who ever lived, and certainly the most loved and revered, she never seemed to do anything eye-catching or dramatic in her own right. Scripture records few words spoken by her. The only lengthy passage of speech is the Magnificat, when she quotes the Old Testament to praise God as the one who "has filled the hungry with good things, and sent the rich away empty" (Luke 1:53). Here she speaks for those who are poor and gives voice to her rich faith and trust in a God of mercy. She spoke this famous hymn of praise when she went to meet her cousin Elizabeth, who was also pregnant, to be with her and help her. To get there Mary travelled about a hundred miles, probably by donkey. Mary was a woman of quiet, practical charity – and incredibly brave charity too – so brave it led her to remain at the cross, deliberately in sight, as her son died an awful death.

Charity
and the
of living
generous



We continue this of articles adapt his new book by Macfarlane-Barrow founder of Mary

7 FEBRUARY 2022

5TH SUNDAY IN ORDINARY TIME

YEAR B

DIVINE OFFICE WEE

Next Sunday's Readings:
Leviticus 13:1-2, 44-46
1 Corinthians 10:31 – 11:1
Mark 1:40-45

