

Week of January 30, 2011

SUNDAY

Reading 1

[Zep 2:3; 3:12-13](#)

Seek the LORD, all you humble of the earth, who have observed his law; seek justice, seek humility; perhaps you may be sheltered on the day of the LORD's anger. But I will leave as a remnant in your midst a people humble and lowly, who shall take refuge in the name of the LORD: the remnant of Israel. They shall do no wrong and speak no lies; nor shall there be found in their mouths and deceitful tongue; they shall pasture and couch their flocks with none to disturb them.

[Ps 146:6-7, 8-9, 9-10](#)

Responsorial Psalm

R. (Mt 5:3) **Blessed the poor in spirit; the kingdom of heaven is theirs!**

or:

R. **Alleluia.**

The LORD keeps faith forever,
secures justice for the oppressed,
gives food to the hungry.

The LORD sets captives free.

R. **Blessed the poor in spirit; the kingdom of heaven is theirs!**

or:

R. **Alleluia.**

The LORD gives sight to the blind;
the LORD raises up those who were bowed down.
The LORD loves the just;
the LORD protects strangers.

R. **Blessed the poor in spirit; the kingdom of heaven is theirs!**

or:

R. **Alleluia.**

The fatherless and the widow the LORD sustains,
but the way of the wicked he thwarts.

The LORD shall reign forever;

your God, O Zion, through all generations. Alleluia.

R. **Blessed the poor in spirit; the kingdom of heaven is theirs!**

or:

R. **Alleluia.**

[1 Cor 1:26-31](#)

Reading 2

Consider your own calling, brothers and sisters. Not many of you were wise by human standards, not many were powerful, not many were of noble birth. Rather, God chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong, and God chose the lowly and despised of the world, those who count for nothing, to reduce to nothing those who are something, so that no human being might boast before God. It is due to him that you are in Christ Jesus, who became for us wisdom from God, as well as righteousness, sanctification, and redemption, so that, as it is written, "Whoever boasts, should boast in the Lord."

[Mt 5:1-12a](#)

Gospel

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven."

MONDAY

Reading 1

[Heb 11:32-40](#)

Brothers and sisters:

What more shall I say? I have not time to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets, who by faith conquered kingdoms, did what was righteous, obtained the promises; they closed the mouths of lions, put out raging fires, escaped the devouring sword; out of weakness they were made powerful, became strong in battle, and turned back foreign invaders. Women received back their dead through resurrection. Some were tortured and would not accept deliverance, in order to obtain a better resurrection. Others endured mockery, scourging, even chains and imprisonment. They were stoned, sawed in two, put to death at sword's point; they went about in skins of sheep or goats, needy, afflicted, tormented. The world was not worthy of them. They wandered about in deserts and on mountains, in caves and in crevices in the earth. Yet all these, though approved because of their faith, did not receive what had been promised. God had foreseen something better for us, so that without us they should not be made perfect.

[Ps 31:20, 21, 22, 23, 24](#)

Responsorial Psalm

R. (25) **Let your hearts take comfort, all who hope in the Lord.**

How great is the goodness, O LORD,
which you have in store for those who fear you,
And which, toward those who take refuge in you,
you show in the sight of the children of men.

R. **Let your hearts take comfort, all who hope in the Lord.**

You hide them in the shelter of your presence
from the plottings of men;

You screen them within your abode
from the strife of tongues.

R. **Let your hearts take comfort, all who hope in the Lord.**

Blessed be the LORD whose wondrous mercy

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he has shown me in a fortified city.

R. Let your hearts take comfort, all who hope in the Lord.

Once I said in my anguish,

"I am cut off from your sight";

Yet you heard the sound of my pleading

when I cried out to you.

R. Let your hearts take comfort, all who hope in the Lord.

Love the LORD, all you his faithful ones!

The LORD keeps those who are constant,

but more than requites those who act proudly.

R. Let your hearts take comfort, all who hope in the Lord.

[Mk 5:1-20](#)

Gospel

Jesus and his disciples came to the other side of the sea, to the territory of the Gerasenes. When he got out of the boat, at once a man from the tombs who had an unclean spirit met him. The man had been dwelling among the tombs, and no one could restrain him any longer, even with a chain. In fact, he had frequently been bound with shackles and chains, but the chains had been pulled apart by him and the shackles smashed, and no one was strong enough to subdue him. Night and day among the tombs and on the hillsides he was always crying out and bruising himself with stones. Catching sight of Jesus from a distance, he ran up and prostrated himself before him, crying out in a loud voice, "What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me!" (He had been saying to him, "Unclean spirit, come out of the man!") He asked him, "What is your name?" He replied, "Legion is my name. There are many of us." And he pleaded earnestly with him not to drive them away from that territory. Now a large herd of swine was feeding there on the hillside. And they pleaded with him, "Send us into the swine. Let us enter them." And he let them, and the unclean spirits came out and entered the swine. The herd of about two thousand rushed down a steep bank into the sea, where they were drowned. The swineherds ran away and reported the incident in the town and throughout the countryside. And people came out to see what had happened. As they approached Jesus, they caught sight of the man who had been possessed by Legion, sitting there clothed and in his right mind. And they were seized with fear. Those who witnessed the incident explained to them what had happened to the possessed man and to the swine. Then they began to beg him to leave their district. As he was getting into the boat, the man who had been possessed pleaded to remain with him. But Jesus would not permit him but told him instead, "Go home to your family and announce to them all that the Lord in his pity has done for you." Then the man went off and began to proclaim in the Decapolis what Jesus had done for him; and all were amazed.

TUESDAY

Reading 1

[Heb 12:1-4](#)

Brothers and sisters:

Since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us

while keeping our eyes fixed on Jesus, the leader and perfecter of faith. For the sake of the joy that lay before him Jesus endured the cross, despising its shame, and has taken his seat at the right of the throne of God. Consider how he endured such opposition from sinners, in order that you may not grow weary and lose heart. In your struggle against sin you have not yet resisted to the point of shedding blood.

[Ps 22:26b-27, 28 and 30, 31-32](#)

Responsorial Psalm

R. (see 27b) They will praise you, Lord, who long for you.

I will fulfill my vows before those who fear him.

The lowly shall eat their fill;

they who seek the LORD shall praise him:

"May your hearts be ever merry!"

R. They will praise you, Lord, who long for you.

All the ends of the earth shall remember and turn to the LORD;

All the families of the nations shall bow down before him.

To him alone shall bow down

all who sleep in the earth;

Before him shall bend

all who go down into the dust.

R. They will praise you, Lord, who long for you.

And to him my soul shall live;

my descendants shall serve him.

Let the coming generation be told of the LORD

that they may proclaim to a people yet to be born the justice he has shown.

R. They will praise you, Lord, who long for you.

[Mk 5:21-43](#)

Gospel

When Jesus had crossed again in the boat to the other side, a large crowd gathered around him, and he stayed close to the sea. One of the synagogue officials, named Jairus, came forward. Seeing him he fell at his feet and pleaded earnestly with him, saying, "My daughter is at the point of death. Please, come lay your hands on her that she may get well and live." He went off with him and a large crowd followed him. There was a woman afflicted with hemorrhages for twelve years. She had suffered greatly at the hands of many doctors and had spent all that she had. Yet she was not helped but only grew worse. She had heard about Jesus and came up behind him in the crowd and touched his cloak. She said, "If I but touch his clothes, I shall be cured." Immediately her flow of blood dried up. She felt in her body that she was healed of her affliction. Jesus, aware at once that power had gone out from him, turned around in the crowd and asked, "Who has touched my clothes?" But his disciples said to him, "You see how the crowd is pressing upon you, and yet you ask, Who touched me?" And he looked around to see who had done it. The woman, realizing what had happened to her, approached in fear and trembling. She fell down before Jesus and told him the whole truth. He said to her, "Daughter, your faith has saved you. Go in peace and be cured of your affliction." While he was still speaking, people from the synagogue official's house arrived and said, "Your daughter has died; why trouble the teacher any longer?" Disregarding the message that was reported, Jesus said to the synagogue

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official, "Do not be afraid; just have faith." He did not allow anyone to accompany him inside except Peter, James, and John, the brother of James. When they arrived at the house of the synagogue official, he caught sight of a commotion, people weeping and wailing loudly. So he went in and said to them, "Why this commotion and weeping? The child is not dead but asleep." And they ridiculed him. Then he put them all out. He took along the child's father and mother and those who were with him and entered the room where the child was. He took the child by the hand and said to her, "*Talitha koum*," which means, "Little girl, I say to you, arise!" The girl, a child of twelve, arose immediately and walked around. At that they were utterly astounded. He gave strict orders that no one should know this and said that she should be given something to eat.

WEDNESDAY

Reading 1

[Mal 3:1-4](#)

Thus says the Lord God: Lo, I am sending my messenger to prepare the way before me; And suddenly there will come to the temple the Lord whom you seek, And the messenger of the covenant whom you desire. Yes, he is coming, says the Lord of hosts. But who will endure the day of his coming? And who can stand when he appears? For he is like the refiner's fire, or like the fuller's lye. He will sit refining and purifying silver, and he will purify the sons of Levi, Refining them like gold or like silver that they may offer due sacrifice to the Lord. Then the sacrifice of Judah and Jerusalem will please the Lord, as in the days of old, as in years gone by.

[Ps 24:7, 8, 9, 10](#)

Responsorial Psalm

R. (8) **Who is this king of glory? It is the Lord!**

Lift up, O gates, your lintels;
reach up, you ancient portals,
that the king of glory may come in!

R. **Who is this king of glory? It is the Lord!**

Who is this king of glory?
The Lord, strong and mighty,
the Lord, mighty in battle.

R. **Who is this king of glory? It is the Lord!**

Lift up, O gates, your lintels;
reach up, you ancient portals,
that the king of glory may come in!

R. **Who is this king of glory? It is the Lord!**

Who is this king of glory?
The Lord of hosts; he is the king of glory.

R. **Who is this king of glory? It is the Lord!**

[Heb 2:14-18](#)

Reading 2

Since the children share in blood and flesh, Jesus likewise shared in them, that through death he might destroy the one who has the power of death, that is, the Devil, and free those who through fear of death had been subject to slavery all

their life.

Surely he did not help angels but rather the descendants of Abraham; therefore, he had to become like his brothers and sisters in every way, that he might be a merciful and faithful high priest before God to expiate the sins of the people. Because he himself was tested through what he suffered, he is able to help those who are being tested.

[Lk 2:22-40](#) or [2:22-32](#)

Gospel

When the days were completed for their purification according to the law of Moses, Mary and Joseph took Jesus up to Jerusalem to present him to the Lord, just as it is written in the law of the Lord,

Every male that opens the womb shall be consecrated to the Lord, and to offer the sacrifice of a pair of turtledoves or two young pigeons,

in accordance with the dictate in the law of the Lord. Now there was a man in Jerusalem whose name was Simeon. This man was righteous and devout, awaiting the consolation of Israel, and the Holy Spirit was upon him. It had been revealed to him by the Holy Spirit that he should not see death before he had seen the Christ of the Lord. He came in the Spirit into the temple; and when the parents brought in the child Jesus to perform the custom of the law in regard to him, he took him into his arms and blessed God, saying: "Now, Master, you may let your servant go in peace, according to your word, for my eyes have seen your salvation, which you prepared in the sight of all the peoples: a light for revelation to the Gentiles, and glory for your people Israel." The child's father and mother were amazed at what was said about him; and Simeon blessed them and said to Mary his mother, "Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted and you yourself a sword will pierce so that the thoughts of many hearts may be revealed." There was also a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was advanced in years, having lived seven years with her husband after her marriage, and then as a widow until she was eighty-four. She never left the temple, but worshiped night and day with fasting and prayer. And coming forward at that very time, she gave thanks to God and spoke about the child to all who were awaiting the redemption of Jerusalem. When they had fulfilled all the prescriptions of the law of the Lord, they returned to Galilee, to their own town of Nazareth. The child grew and became strong, filled with wisdom; and the favor of God was upon him.

or

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THURSDAY

Reading 1

[Heb 12:18-19, 21-24](#)

Brothers and sisters:

You have not approached that which could be touched and a blazing fire and gloomy darkness and storm and a trumpet blast and a voice speaking words such that those who heard begged that no message be further addressed to them. Indeed, so fearful was the spectacle that Moses said, "I am terrified and trembling." No, you have approached Mount Zion and the city of the living God, the heavenly Jerusalem, and countless angels in festal gathering, and the assembly of the firstborn enrolled in heaven, and God the judge of all, and the spirits of the just made perfect, and Jesus, the mediator of a new covenant, and the sprinkled Blood that speaks more eloquently than that of Abel.

[Ps 48:2-3ab, 3cd-4, 9, 10-11](#)

Responsorial Psalm

R. (see 10) **O God, we ponder your mercy within your temple.**

Great is the LORD and wholly to be praised
in the city of our God.

His holy mountain, fairest of heights,
is the joy of all the earth.

R. **O God, we ponder your mercy within your temple.**

Mount Zion, "the recesses of the North,"
the city of the great King.

God is with her castles;
renowned is he as a stronghold.

R. **O God, we ponder your mercy within your temple.**

As we had heard, so have we seen
in the city of the LORD of hosts,
In the city of our God;

God makes it firm forever.

R. **O God, we ponder your mercy within your temple.**

O God, we ponder your mercy
within your temple.

As your name, O God, so also your praise
reaches to the ends of the earth.

Of justice your right hand is full.

R. **O God, we ponder your mercy within your temple.**

[Mk 6:7-13](#)

Gospel

Jesus summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits. He instructed them to take nothing for the journey but a walking stick -no food, no sack, no money in their belts. They were, however, to wear sandals but not a second tunic. He said to them, "Wherever you enter a house, stay there until you leave from there. Whatever place does not welcome you or listen to you, leave there and shake the dust off your feet in testimony against them." So they went off and preached repentance. The Twelve drove out many demons, and they anointed with oil many who were sick and cured them.

FRIDAY

Reading 1

[Heb13:1-8](#)

Let brotherly love continue. Do not neglect hospitality, for through it some have unknowingly entertained angels. Be mindful of prisoners as if sharing their imprisonment, and of the ill-treated as of yourselves, for you also are in the body. Let marriage be honored among all and the marriage bed be kept undefiled, for God will judge the immoral and adulterers. Let your life be free from love of money but be content with what you have, for he has said,

I will never forsake you or abandon you.

Thus we may say with confidence:

The Lord is my helper, and I will not be afraid. What can anyone do to me?

Remember your leaders who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith. Jesus Christ is the same yesterday, today, and forever.

[Ps 27:1, 3, 5, 8b-9abc](#)

Responsorial Psalm

R. (1a) **The Lord is my light and my salvation.**

The LORD is my light and my salvation;
whom should I fear?

The LORD is my life's refuge;
of whom should I be afraid?

R. **The Lord is my light and my salvation.**

Though an army encamp against me,
my heart will not fear;
Though war be waged upon me,
even then will I trust.

R. **The Lord is my light and my salvation.**

For he will hide me in his abode
in the day of trouble;

He will conceal me in the shelter of his tent,
he will set me high upon a rock.

R. **The Lord is my light and my salvation.**

Your presence, O LORD, I seek.

Hide not your face from me;

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do not in anger repel your servant.
You are my helper: cast me not off.

R. **The Lord is my light and my salvation.**

[Mk 6:14-29](#)

Gospel

King Herod heard about Jesus, for his fame had become widespread, and people were saying, "John the Baptist has been raised from the dead; That is why mighty powers are at work in him." Others were saying, "He is Elijah"; still others, "He is a prophet like any of the prophets." But when Herod learned of it, he said, "It is John whom I beheaded. He has been raised up." Herod was the one who had John arrested and bound in prison on account of Herodias, the wife of his brother Philip, whom he had married. John had said to Herod, "It is not lawful for you to have your brother's wife." Herodias harbored a grudge against him and wanted to kill him but was unable to do so. Herod feared John, knowing him to be a righteous and holy man, and kept him in custody. When he heard him speak he was very much perplexed, yet he liked to listen to him. Herodias had an opportunity one day when Herod, on his birthday, gave a banquet for his courtiers, his military officers, and the leading men of Galilee. His own daughter came in and performed a dance that delighted Herod and his guests. The king said to the girl, "Ask of me whatever you wish and I will grant it to you." He even swore many things to her, "I will grant you whatever you ask of me, even to half of my kingdom." She went out and said to her mother, "What shall I ask for?" Her mother replied, "The head of John the Baptist." The girl hurried back to the king's presence and made her request, "I want you to give me at once on a platter the head of John the Baptist." The king was deeply distressed, but because of his oaths and the guests he did not wish to break his word to her. So he promptly dispatched an executioner with orders to bring back his head. He went off and beheaded him in the prison. He brought in the head on a platter and gave it to the girl. The girl in turn gave it to her mother. When his disciples heard about it, they came and took his body and laid it in a tomb.

SATURDAY

Reading 1

[Heb 13:15-17, 20-21](#)

Brothers and sisters:

Through Jesus, let us continually offer God a sacrifice of praise, that is, the fruit of lips that confess his name. Do not neglect to do good and to share what you have; God is pleased by sacrifices of that kind. Obey your leaders and defer to them, for they keep watch over you and will have to give an account, that they may fulfill their task with joy and not with sorrow, for that would be of no advantage to you. May the God of peace, who brought up from the dead the great shepherd of the sheep by the Blood of the eternal covenant, furnish you with all that is good, that you may do his will. May he carry out in you what is pleasing to him

through Jesus Christ, to whom be glory forever and ever.
Amen.

[Ps 23:1-3a, 3b-4, 5, 6](#)

Responsorial Psalm

R. (1) **The Lord is my shepherd; there is nothing I shall want.**

The LORD is my shepherd; I shall not want.
In verdant pastures he gives me repose.
Beside restful waters he leads me;
he refreshes my soul.

R. **The Lord is my shepherd; there is nothing I shall want.**

He guides me in right paths
for his name's sake.

Even though I walk in the dark valley
I fear no evil; for you are at my side
With your rod and your staff
that give me courage.

R. **The Lord is my shepherd; there is nothing I shall want.**

You spread the table before me
in the sight of my foes;
You anoint my head with oil;
my cup overflows.

R. **The Lord is my shepherd; there is nothing I shall want.**

Only goodness and kindness follow me
all the days of my life;
And I shall dwell in the house of the LORD
for years to come.

R. **The Lord is my shepherd; there is nothing I shall want.**

[Mk 6:30-34](#)

Gospel

The Apostles gathered together with Jesus and reported all they had done and taught. He said to them, "Come away by yourselves to a deserted place and rest a while." People were coming and going in great numbers, and they had no opportunity even to eat. So they went off in the boat by themselves to a deserted place. People saw them leaving and many came to know about it. They hastened there on foot from all the towns and arrived at the place before them. When Jesus disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things.