



February 4, 2024

Fifth Sunday in Ordinary Time

Building Faith@HOME

[1st Reading: Jb 7:1-4, 6-7](#)

[Responsorial Psalm: Ps 147:1-2, 3-4, 5-6](#)

[Second Reading: 1 Cor 9:16-19, 22-23](#)

[Gospel: Mk 1:29-39](#)

Last week Jesus healed a man by commanding the unclean spirit to come out. This week we hear more about Jesus responding to his longing for wholeness and healing. After healing Simon's mother-in-law many came to him in the evening after the Sabbath sunset to be healed and cured of demons. In the morning, Jesus went alone to pray. This time of prayer is important to pay attention to. Jesus heard in his own prayer his call to proclaim the reigning presence of God by moving on to other towns, to move on from yesterday's enthusiasm to tomorrow's unknown. Pope Francis might refer to this as going out to the peripheries.

Jesus' compassion and healing of the sick is a sign of the Kingdom of God. The Church continues to extend Christ's healing presence to others in its ministry to the sick. In the Sacrament of the Anointing of the Sick, the Church prays for spiritual and physical healing, forgiveness of sins, and comfort for those who are suffering from illness.

Missionary Discipleship:

As a family make a list of people who need Jesus' help. As a family, pray for these people who are in need through the power of Jesus' name and word. List ways your family can take action and bring the healing power of Jesus to others.

Family Table Talk

Question for Children: What can you do to help your friends and classmates know more about Jesus?

Question for Youth: Jesus knew that his mission was for everyone, not just one village or group of people. How can you reach out to others (outside of friends and family) and offer them hope and Good News?

Question for Adults: If you were going to pray for healing for any reason, what would it be? What needs to be healed in our world and society? ([OSV Lectionary Link](#))

February Devotion: The Holy Family



What about the Holy Family do you wish to emulate?

Did you know that Jesus was a child like you? Listen to this song from the Donut Man!



bit.ly/DonutManSongFebruary

Feb. 11 Feast of Our Lady of Lourdes

Though this is for next Sunday, you can prepare this week to celebrate this feast day.



Make your own grotto to display next weekend! The following website has several ways to make a grotto and ways to celebrate!

Homeschoolingpapist.blogspot.com

Lourdes day! Tea party, crafts, rice krispies!

World Day of the Sick is February 11

February 11 is World Day of the Sick, an observation started by Pope John Paul II as a way for believers to offer prayers for those suffering from illnesses. The day coincides with the commemoration of Our Lady of Lourdes.

Weather the Storms!

teachingcatholickids.com - St. Scholastica

February 10th, Patron Saint of bad weather or storms - Saint stories (Kid's Faith Builder)

This week's Virtue

SERVICE

We are called to love and SERVE the Lord and one another!



Links for More Ideas, Activities & Resources FYI

Aleteia.org - 12 Ways to honor the Holy Family this February (Family Faith Builder)

vaticannews.va/en - Pope's World Day of Sick message: Heal relationships to heal the ill (Adult Faith Builder)

Mycatholickids.com - Our Lady of Lourdes (Children/Family Faith Builder)

TeachingCatholicKids.com - A family consecration to the Holy Family• Prayers for Catholic kids (Kids&Family Faith Builder)

This resource is meant to be used in a digital format with hyperlinks,

Digital Format can found at:

syracusediocese.org/partnering-with-families





February 4, 2024

2024 - A Year of Prayer

Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray..." - Luke 11:1

Prayer@HOME

Cut & Pray!

Prayer to Learn In February Devotion to the Holy Family

Jesus, Mary and Joseph,
I give you my heart and my soul;
Jesus, Mary and Joseph,
assist me now and in my last agony;
Jesus, Mary and Joseph,
may I bring forth my soul in peace with you.
Amen.

Scripture Verse of the Week
From Sunday's Mass
February 4, 2024



"Praise the Lord, who heals the
brokenhearted."
- Psalm 147:3

Pope Francis Prayer Intention for February



Let us pray....

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

Activity

In your parish bulletin, pray with the families who have intentions for their loved ones listed or those listed in need of prayer.

Create your own prayer list for _____ month for those you know who are in need of special prayer.



Building Prayer Time @ Home

This will be a series of family activities to try as your families start or strengthen prayer time.

5 Simple Ways to Pray as a Family

1. Pray at meal time
2. Bless each other
3. Wonder at Creation
4. Say "Sorry"
5. Pray through joys and sorrows



Each of these 5 practices can be done in a very simple way. Try one this week! For more SIMPLE details, visit: bit.ly/5-ways-to-pray

