



Third Sunday Of The Year

The Bringer Of The Good News

Introduction

Every time we pick up a newspaper, or turn on the radio or TV, we are confronted with bad news, much of it of a very distressing nature. It leaves us numb and helpless. We are in real danger of being swamped by bad news. Christ came with good news- the good news of the Father's love, acceptance, and forgiveness, which is offered free to all those who desire it and seek it.

First Reading (Jonah 3: 1-5,10)

This relates how the preaching of the reluctant Jonah meets with an immediate response in the pagan city of Nineveh.

Second Reading (1 Cor 7: 29-31)

Paul asks for an attitude of detachment from the dear, familiar things which tend to absorb us completely.

Gospel (Mark 1: 14-20)

Jesus begins to preach and he calls his first disciples.

Prayer Of The Faithful

Let us pray to God the Father, who sent his Son to us with the Good News of his love and forgiveness.

R: Lord, hear our prayer.

For the Church: that it may work tirelessly to bring the Good News of Christ's salvation to all people, but especially to the poor.

R: Lord, hear our prayer.

For those who make and enforce our laws: that they may be firm but at the same time kind and fair.

R: Lord, hear our prayer.



Liturgy Cycle B

For all those who have fallen, and for those who have lost their way in life: that they may find understanding and love from the followers of Christ.

R: Lord, hear our prayer.

That we may never become complacent or self-righteous: that we may always hear the call of Christ to a deeper and a more authentic life:

R: Lord, hear our prayer.

Communion Reflection

Jesus opened his ministry with the call:
"Repent and believe the Good News".

Repentance is often presented
as a harsh, sad, and totally negative thing,
as if it merely consisted
in feeling guilty about one's sins
and doing penance for them.
It is something far more positive.

It is discovering something wonderful about yourself:
that you have potentialities
which you didn't know you had;
that up to now you have been living in darkness,
whereas from now on you are determined
to live in the light.

It means acquiring a new vision,
taking a new direction,
setting yourself more worthwhile goals,
living by better values.
In a word-it means a new life.

Understood like this, repentance is exciting,
and it always leads to joy.
It means that we have heard the Good News
and embraced it.