

SUNDAY MASS

ENTRANCE ANTIPHON:

O Lord, I trust in your merciful love. Let my heart rejoice in your salvation. I will sing to the Lord who has been bountiful with me.

FIRST READING: Leviticus 19:1-2,17-18.

RESPONSORIAL PSALM: Psalm 103.

RESPONSE:

The Lord is compassionate and gracious.

1. Bless the Lord, O my soul,
and all within me, his holy name
Bless the Lord, O my soul,
and never forget all his benefits. *R*
2. It is the Lord who forgives all your sins;
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with mercy and
compassion. *R*
3. The Lord is compassionate and gracious,
slow to anger and rich in mercy.
He does not treat us according to our sins,
nor repay us according to our faults. *R*
4. As far as the east is from the west,
so far from us does he remove
our transgressions.
As a father has compassion on his children,
the Lord's compassion is on those who fear
him. *R*

SECOND READING: 1 Corinthians 3:16-23.

GOSPEL ACCLAMATION:

Alleluia, alleluia! Whoever keeps Christ's word,
in him truly love for God is perfected. Alleluia.

GOSPEL: Matthew 5:38-48.

COMMUNION ANTIPHON:

All your wonders I will recount. I will rejoice in you
and be glad, and sing psalms to your name, O
Most High.

Invite the Redemptorists

for a

PARISH MISSION

Covid-19 affected us all and
disrupted parish life.

A mission can help parish life

Remember – Return – Renew

Email the Provincial, Fr Larry Kaufmann CSsR:
larrykaufmann1954@gmail.com

THE WEEK AHEAD

Live the Word

Mon 20 Feb Liturgy of the Day

Sirach 1:1-10; Psalm 93; Mark 9:14-29

Instead of giving up and losing hope, we ought to be like the father in today's gospel who, despite his lack of faith, cried out to the Lord for help. His prayer was heard. Jesus hears us in our weakness.

Tue 21 Feb (St Peter Damian, BD)

Sirach 2:1-11; Psalm 37; Mark 9:30-37

Jesus reminds those who would follow him that the cross is never far from view. That is why we need the approaching season of self-denial, Lent. A time to put others first and re-orient ourselves.

Wed 22 Feb ASH WEDNESDAY

Joel 2:12-18; Psalm 51; Matthew 6:1-6,16-18

Have I prayed about how I can strengthen my relationship with Jesus this Lent? What things might be standing in the way? Re-commit yourself to the regular practise of prayer, fasting and almsgiving.

Thu 23 Feb (St Polycarp, BM)

Deuteronomy 30:15-20; Psalm 1; Luke 9:22-25

Even as we set ourselves various goals around prayer, fasting and almsgiving this Lent, always bear in mind that what we do for Lent is far less important than why we do it.

Fri 24 Feb Liturgy of the Day

Isaiah 58:1-9; Psalm 51; Matthew 9:14-15

The Church asks us, as we enter Lent, to embrace (in some fashion) hunger and thirst through fasting. It asks us to become vulnerable. But remember, we are not alone. We are on this journey together.

Sat 25 Feb Liturgy of the Day

Isaiah 58:9-14; Psalm 86; Luke 5:27-32

As we experience what it is to be vulnerable, it is important to note that "vulnerability is not winning or losing; it is not weakness. Vulnerability is our greatest measure of courage." – Brené Brown

Sun 26 Feb 1ST SUNDAY OF LENT

Genesis 2:7-9; 3:1-7; Psalm 51; Matthew 4:1-11

We all begin Lent with good intentions, finding ourselves even a few days into Lent struggling to hold on to our commitments. Yet God continually calls us to faithfulness and to start each day with a renewed heart.

(KEY: SOLEMNITY; FEAST; Memorial; (Optional Memorial)
D=Doctor; B=Bishop; M=Martyr

Catholic Link

FAITH IN A TIME OF COVID
Remember, Review, Renew

7th Sunday in Ordinary Time • Year A
Divine Office: Week III • 19 February 2023

Guest Column

My Journey with Long Covid



Early in 2020, the word "Covid" filled many with fear. In spite of the lockdown, it proved to be deadly. Many families waited anxiously to hear about a loved one in ICU struggling to survive. Sadly, some did not. Recall how we were glued to news feeds. Each day learning the number of new infections and deaths. At the personal level we read about the emotional pain of those who were not allowed to give their loved ones a decent funeral. So much sorrow, so much uncertainty, so much loss.

As time went on and survivors began to tell their story, a new reality emerged, called "Long Covid", with its various symptoms affecting victims differently. On 7 July 2020, during lockdown, I received the result of my Covid test – positive. I became increasingly ill and nearly died – at one point, my carers thought I had, but were able to revive me. It took four months before I could try to force myself to begin to work again.

A consultation with a lung specialist confirmed that I was a victim of Long Covid. My symptoms were: chronic fatigue, constant chest pain making breathing difficult at times, muscle pain, headaches, and what was perhaps the most difficult – depression, which many have also identified as a symptom of Long Covid.

I still have Long Covid after more than 2 years, even after vaccination and booster injections, with three prominent symptoms: constant fatigue, chest pain, and depression.

How have I experienced what the debilitating depression has done to me? Since Covid, I have struggled to sleep more than 4 or 5 hours. I lie awake waiting for the hours to pass. I check the time in the early hours, and I begin to think: how can I force myself even to get out of bed, how can I try to begin another day and begin to work again feeling the way I do?

That has been my journey since July 2020. Through it, what have I tried to be and do?

As I lie awake in the early hours, I have constantly felt the invitation to "centring prayer", that is, prayer centred on Jesus who is present within me, and then responding with short mantra-type prayers like "Jesus, mercy" in rhythm with my breathing. Then, I get up and try to get going again, continuing with centring prayer through the whole day.

I also discovered the richness of the text in John 4 – Jesus at the well. I imagine Jesus present in the depths of my spirit – Jesus, the "living water" (John 4:10) in my inner "well". But the rocks of my Covid symptoms and daily struggles seem to block me finding Living Water in my well. So, through the gift of imagination, I pull the bucket up through the blockages, even with unpleasant stuff in it, and give it to Jesus sitting beside me. My little faith calls me to trust that Jesus will bring me through this struggle to always find him, the Living Water, deep within me.

Anonymous



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