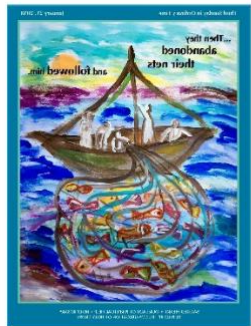


**My Jesus,
I believe that you are present in this Holy Sacrament of the altar.
I love you above all things
and I passionately desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself wholly to you now and forever.
Amen.**

based on a prayer of St Alphonsus Liguori

At the Saviour's command and formed by divine teaching, we dare to say:

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.**



Concluding Prayer

Grant, we pray, almighty God, that, receiving the grace by which you bring us to new life, we may always glory in your gift. Through Christ our Lord. Amen.

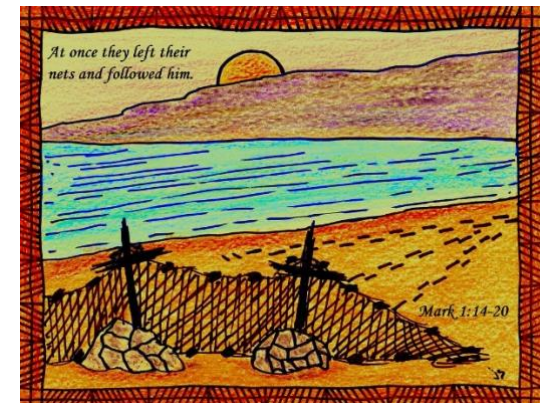
**Spiritual Communion - 3rd Sunday in Ordinary Time
(Sunday of the Word of God)
Sunday 24 January 2021**

Olton Friary 2021



Opening Prayer

Almighty ever-living God, direct our actions according to your good pleasure, that in the name of your beloved Son we may abound in good works. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.



First reading

Jonah

3:1-5,10

The word of the Lord was addressed to Jonah: 'Up!' he said 'Go to Nineveh, the great city, and preach to them as I told you to.' Jonah set out and went to Nineveh in obedience to the word of the Lord. Now Nineveh was a city great beyond compare: it took three days to cross it. Jonah went on into the city, making a day's journey. He preached in these words, 'Only forty days more and Nineveh is going to be destroyed.' And the people of Nineveh believed in God; they proclaimed a fast and put on sackcloth, from the greatest to the least. God saw their efforts to renounce their evil behaviour, and God relented: he did not inflict on them the disaster which he had threatened.

The Word of the Lord

A reading from the first letter of St Paul to the Corinthians

7:29-31

Brothers: our time is growing short. Those who have wives should live as though they had none, and those who mourn should live as though they had nothing to mourn for; those who are enjoying life should live as though there were nothing to laugh about; those whose life is buying things should live as though they had nothing of their own; and those who have to deal with the world should not become engrossed in it. I say this because the world as we know it is passing away.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

**The kingdom of God is close at hand:
repent, and believe the Good News.**

Alleluia!

A reading from the holy Gospel according to Mark

1:14-20

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

As he was walking along by the Sea of Galilee he saw Simon and his brother Andrew casting a net in the lake – for they were fishermen. And Jesus said to them, 'Follow me and I will make you into fishers of men.' And at once they left their nets and followed him.

Going on a little further, he saw James son of Zebedee and his brother John; they too were in their boat, mending their nets. He called them at once and, leaving their father Zebedee in the boat with the men he employed, they went after him.

The Gospel of the Lord

