

ENTRANCE ANTIPHON (or a hymn) O sing a new song to the Lord; sing to the Lord, all the earth. In his presence are majesty and splendour, strength and honour in his holy place.

RESPONSORIAL PSALM (Ps 26)

ANTIPHON: The Lord is my light and my salvation.

RESPONSE: The Lord is my light and my salvation.

LECTOR: The Lord is my light and my help; whom shall I fear? The Lord is the stronghold of my life; Before whom shall I shrink? **R.**

LECTOR: There is one thing I ask the Lord, for this I long, to live in the house of the Lord, all the days of my life, to savour the sweetness of the Lord, to behold his temple. **R.**

LECTOR: I am sure I shall see the Lord's goodness in the land of the living. Hope in him, hold firm and take heart. Hope in the Lord. **R.**

GOSPEL ACCLAMATION Alleluia, alleluia! Jesus preached the Good News of the kingdom and healed all who are sick. Alleluia!

COMMUNION ANTIPHON (or a hymn) Look toward the Lord and be radiant; let your faces not be abashed. **(Or)**

I am the light of the world, says the Lord; whoever follows me will not walk in darkness, but will have the light of life.

TODAY'S READINGS Is 8:23-9:3; 1 Cor 1:10-13, 17; Mt 4:12-23.

NEXT WEEK (Presentation of the Lord Year A) Mal 3:1-4; Psalm 23; Heb 2:14-18; Luke 2:22-40.

Want to learn more?

Daybreaks Daily Reflections for Easter and Lent is that annual journey that takes us into the depths of God's mystery. For many who must juggle life's daily demands, Lent often seems to pass by with little opportunity for spiritual growth. But in this booklet, world-renowned spiritual writer Father Ron Rolheiser provides reflections for each day of Lent and Easter Week that are short and clear enough for the busy person, yet provocative, and challenging to the spirit. The booklet is available from Majellan Media for \$7.50 (postage included). For more information contact us at 03 9592 2777 or office@majellan.org.au

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Step into the light



26 January 2020 Third Sunday Year A

Traveling overnight on a plane, the cabin is mostly in darkness. Looking out of the small window, not much can be seen. The flashing lights on the plane's wings are visible, but everything else is covered in darkness, including the sky, and the ground many miles below is shrouded in shadow. There's an eerie silence – the dull drone of the engines the only sounds to be heard, as the plane flies through the night sky.

There can be hundreds of passengers on the flight, and millions more people in cities far below, but because of the darkness, the plane can be a lonely place. However, dawn will eventually break, and the first rays of sunlight will penetrate the night sky. After the cabin lights are turned on, passengers in the main cabin will start to stir, and the faces of fellow travellers will come into focus.

In the journey of our life and faith, there can also be periods of darkness where we can feel alone and isolated, even though we may be surrounded by people. These feelings of loneliness and isolation can have a crippling effect on us, especially if it's for extended periods. We might sometimes wonder if, and when, the darkness will end.

But darkness, loneliness, isolation and despair are not what God intended for us or our lives. God provides light and urges us to step towards that light. "The people that walked in darkness have seen a great light;

on those who live in a land of deep shadow, a light has shone." God calls out to us in the darkness and encourages us to walk towards the light at every moment of our lives. It is for us to listen and to have courage and faith.

The world that we live in is a wonderful place filled with life and light. From the trees, flowers and grass, to the sound of flowing waters and the fall of rain; to the buzzing insects and chirping birds; to the beautiful sunrises and sunsets that colour the sky. Sometimes, we just need to take a deep breath, and let that light and life begin to shine into our lives.

Do not let the darkness overtake or overwhelm you. The Good News of God's Kingdom is all around us. It's in nature; it's in the smiles of people going by; it's in the hello or greeting of a stranger in the supermarket. Where there is life, there is God. Let us embrace the life to which God calls us. Just as the darkness during a flight passes and light returns with the dawn. So too for us. The darkness is not forever; a light has dawned. Let us take that step towards that light.

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