

**MONDAY**  
**31 JANUARY**  
**2 Samuel 15:13-14.**  
**30; 16:5-13**  
**Psalm 3**  
**Mark 5:1-20**

**TUESDAY**  
**1 FEBRUARY**  
**2 Samuel 18:9-10.**  
**14. 24-25. 30 – 19:3**  
**Psalm 86:1-6**  
**Mark 5:21-end**

**WEDNESDAY**  
**2 FEBRUARY**  
**Presentation of**  
**Christ in the Temple**  
**Malachi 3:1-5**  
**Psalm 24:[1-6] 7-end**  
**Hebrews 2:14-end**  
**Luke 2:22-40**

**THURSDAY**  
**3 FEBRUARY**  
**1 Kings 2:1-4. 10-12**  
*Canticle:*  
**1 Chronicles**  
**29:10-12 or**  
**Psalm 145:1-5**  
**Mark 6:7-13**

**FRIDAY**  
**4 FEBRUARY**  
**Ecclesiasticus**  
**47:2-11**  
**Psalm 18:31-36.**  
**50-end**  
**Mark 6:14-29**

**SATURDAY**  
**5 FEBRUARY**  
**1 Kings 3:4-13**  
**Psalm 119:9-16**  
**Mark 6:30-34**

## REFLECTION

**E**arly in the week we read part of the tragic story of King David – a shining light of a king, beloved by God, who lets his family fall apart. His son tries to usurp him and has to be killed, and an unwise decision leads to danger for his people. David is the model of the king chosen by God, and yet his bad judgement threatens disaster for him and for others. Perhaps a new kind of king is needed? Perhaps one has been born?

Simeon has been waiting for a new David, a king after God’s own heart, the one chosen to reveal God to the world, and on this week he meets him. As the ancient rites are performed, a baby boy is welcomed into the community. Simeon and Anna know this is a special baby, and we know what is to come for him. On Friday the death of John the Baptist shows us what happens to God’s messengers. We have ended our celebrations of Jesus’ birth; now we see him onto the road that will lead to his death.

PRAYER

God of heaven,  
 You send the Gospel to the ends of the earth  
 and your messengers to every nation.  
 Send your Holy Spirit to transform us  
 by the good news of everlasting life  
 in Jesus Christ our Lord.



The Presentation of Christ. Church of San Vittore Martire, Casorate Primo, Italy. Adam Jan Figel / Shutterstock.com

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## HOLY COMMUNION

### PART I – THE GATHERING

**O**ver the next five weeks Kathryn Fleming will be taking a look at the parts of a Holy Communion service.

“Where two or three are gathered in my name, I am there among them” (Matthew 18:20).

We come from disparate places – from the busyness of work, the mayhem of family life or the relative calm of retirement – to be welded together into something far greater than the sum of our parts – a congregation, nothing less than the body of Christ in and for that place. We may bring physical props – cross, candles, the Bible – but it is the gathering of God’s people that is really important.

We are reminded of our core purpose from the moment we are greeted “*In the name of the Father...*” Then, in the prayers of penitence, we engage honestly before God with the mess, muddle and failure of all that we bring with us. After that, once we have heard God’s forgiveness and celebrated in the Gloria – in faint echo of heaven’s praise – we can set our individual agendas aside and focus on God together.

Some moments of intense silent prayer feed in to the collect – a prayer that reflects the particular flavour of the day and provides a vehicle for all our individual prayers and longings. Traditionally this falls into five parts. First, God is invoked and addressed in one person, “*Lord of heaven and earth...*” Then we focus on a specific divine attribute or teaching, “*... as Jesus taught his disciples to be persistent in prayer.*” A petition follows, such as “*Give us patience and courage never to lose hope,*” and an outcome or transformation, “*... but always to bring our prayers before you.*”

Finally, our petition is lodged firmly in the hands of Jesus, as we plead that it is only through him that we can pray at all. This is the basket in which our prayers are placed for safety, and having set them down, we are free to enter fully into community with one another, as we begin our journey towards Holy Communion with God.

LIVE  
 the WORD

SUSTAINING YOU  
 THROUGH THE WEEK

Edited by  
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 and  
 Heather Smith



Fourth week of Epiphany

Monday 31 January to  
 Saturday 5 February  
 2022

WEEK