

## SUNDAY, FEBRUARY 8, 2015

FIFTH SUNDAY IN ORDINARY TIME

### Deep healing

If you've ever been seriously ill, or even under the influence of a particularly nasty cold, you can understand why ancient peoples imagined that disease was sometimes caused by demonic possession. Being seriously ill can indeed feel as if your body has been possessed by some hostile power. Though today we rely on medically trained personnel and scientific technology to address most illnesses, our souls still need the Great Physician. Turn to Christ with your prayer for healing and wholeness. And keep in mind we celebrate World Day of the Sick on February 11—keep someone who is suffering in your prayers these coming days.

TODAY'S READINGS: *Job 7:1-4, 6-7; 1 Corinthians 9:16-19, 22-23; Mark 1:29-39 (74).* "He cured many who were sick with various diseases, and he drove out many demons, not permitting them to speak because they knew him."

## MONDAY, FEBRUARY 9

### Be creative

The ability to be a creator is one of God's greatest gifts to human beings. To make something out of nothing, something beautiful and meaningful, and share it, is uplifting. Think of all the religious art—music, painting, sculpture, architecture, literature—that was divinely inspired and helps people understand God better. But you don't have to be a Michelangelo to be creative and affect others. Making meals, scrapbooking family history, holiday decorating, finger painting with kids—there are countless ways to make art that expresses who you are and touches those you love.

TODAY'S READINGS: *Genesis 1:1-19; Mark 6:53-56 (329).* "God saw how good it was."

## TUESDAY, FEBRUARY 10 FEAST OF SCHOLASTICA, VIRGIN, RELIGIOUS

### Let the creativity flow

When creating something new, we don't know if it will make a lasting or meaningful difference in the world. Creation can be a profound act of faith, hope, and love. Saint Scholastica founded a monastery of Benedictine nuns in sixth-century Italy, seeking to grow in holiness and helping others do the same. Her act of creation reverberated through the ages, influencing the history of religious life and how we think about prayer. When you are drawn to create something new, something risky perhaps, remember Saint Scholastica—not only is she walking with you but so is our God who brings every good to fullness!

TODAY'S READINGS: *Genesis 1:20-2:4a; Mark 7:1-13 (330).* "So God blessed the seventh day and made it holy, because on it he rested."

## WEDNESDAY, FEBRUARY 11

FEAST OF OUR LADY OF LOURDES; WORLD DAY OF THE SICK

### Heal and be healed

It's not easy to deal with significant health problems. Our faith can help us. We can draw strength through the sacrament of the Anointing of the Sick, by wearing a medal of the Archangel



JESUS HEALING THE SICK, GUSTAV DORE, 19TH CENTURY

Raphael as a reminder of God's healing, or by praying with Our Lady of Lourdes, whose special patronage is those who are sick. Our parish family is also a source of support, with prayers of healing and practical assistance like rides to the doctor's office or help with meals. If you need a helping hand, have faith and don't be afraid to ask. If you're able to give a helping hand, faithfully extend it to others.

TODAY'S READINGS: *Genesis 2:4b-9, 15-17; Mark 7:14-23 (331).* "A stream was welling up out of the earth and was watering all the surface of the ground."

## THURSDAY, FEBRUARY 12

### Faith shared, lives changed

Faith is something learned and given and, ultimately, shared. It's something you carry in your bones. You live it out in who you are and how you are and for that reason, you can share it without even realizing it. Think of the moments that you've encountered God's love in others; when someone shared the gospel with you through their love and forgiveness. God enters the world in those moments and changes lives. If you live out your faith today, there's no telling how far the gospel will reach. It can change the world—and you may not even realize it.

TODAY'S READINGS: *Genesis 2:18-25; Mark 7:24-30 (332).* "Then he said to her, 'For saying this, you may go.'"

## FRIDAY, FEBRUARY 13

### Show mercy

Abraham Maslow's hierarchy of needs is a theory in psychology that proposes that human beings must have their basic physical and emotional needs met before they can realize their fullest potential. Catholics are expected to help others satisfy those needs through the Corporal and Spiritual Works of Mercy, which include feeding the hungry, sheltering the homeless, and visiting the sick as well as teaching those who lack education, forgiving offenses willingly, and comforting the afflicted. Through works of mercy the world gets closer to reaching its fullest potential. Let's all get to work!

TODAY'S READINGS: *Genesis 3:1-8; Mark 7:31-37 (333).* "He makes the deaf hear and the mute speak."

## SATURDAY, FEBRUARY 14

FEAST OF CYRIL, MONK, AND METHIDIUS, BISHOP

### A genuine Valentine

This is real love: two brothers dedicate their lives to serving a people not their own. Born in ninth-century Greece, Methodius was older and eventually attained the office of archbishop. Cyril, more philosophical, was a linguist and theologian. Both took on the evangelizing of Moravia. There, Cyril devised the Slavic alphabet developed by later disciples and called Cyrillic in his honor. Both brothers fought for Bibles and liturgy in the language of the people. Pope John Paul II declared these brothers patron saints of Europe. Their love brought good news to strangers. Does yours?

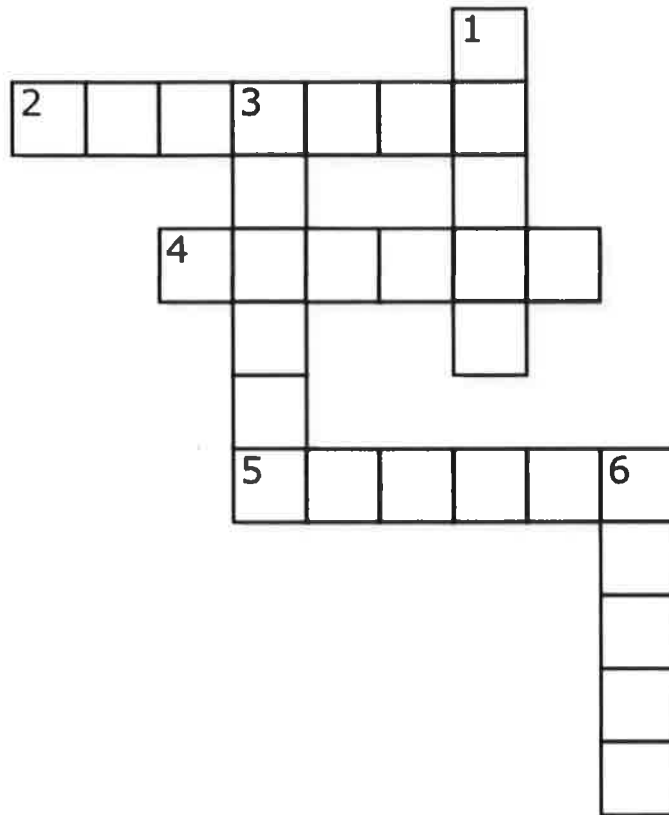
TODAY'S READINGS: *Genesis 3:9-24; Mark 8:1-10 (334).* "Where can anyone get enough bread to satisfy them here in this deserted place?"



Invest just five minutes a day, and your faith will deepen and grow—a day at a time.

©2015 by TrueQuest Communications. TakeFiveForFaith.com; 800-942-2811; mail@takefiveforfaith.com. All rights reserved. Daily email sign-up and App available online. Art may be subject to additional copyright. Noncommercial reprints permitted with the following credit: Reprinted with permission from TakeFiveForFaith.com. Scripture citations from the New American Bible Revised Edition. Contributors: Alice Camille, Sister Colleen Gibson, S.S.J., Daniel Grippo, Father Larry Janowski, O.F.M., Sister Maxine Kollasch, I.H.M., Jennifer Tomshack, Patrice J. Tuohy, Sister Julie Vieira, I.H.M.

CatholicMom.com Gospel Activities  
Mark 1:29-39



**Across**

- 2) "For this \_\_\_ have I come."
- 4) Jesus healed Simon's mother-in-law and she \_\_\_ on them.
- 5) The people brought to Jesus all who were ill or possessed by \_\_\_\_\_.

**Down**

- 1) Simon's mother-in-law lay sick with a \_\_\_\_\_.
- 3) Jesus rose before dawn, left and went to a deserted place, and \_\_\_\_\_.
- 6) Jesus went to the house of \_\_\_\_\_ and Andrew with James and John.