

YOUTH NEWS

CHRIST THE KING UNIVERSITY PARISH

Ordinary Time: 5th Sunday in Ordinary Time

Sunday February 4, 2024

Lead Story Headline:

Proclaiming the Good News

*"I do it all for the sake
of the gospel, so that I
may share in its
blessings"*

1 Corinthians 9:23

In This Issue...

- Mark 1:29-39
- Brainstorm
- What Do You Think?
- Activity: Jesus Heals
 - Now Act
- Boredom Busters:
Reconciliation



Gospel: Mark 1:29-39

One day Jesus went with James and John to Simon and Andrew’s house. Simon’s mother-in-law was sick in bed with a high fever. As soon as Jesus went into the house, Simon and Andrew told him about her. So Jesus went to her, took her by the hand and helped her up. Her fever left her immediately and she began to serve all those who were there. That evening, the people of the town brought to Jesus those who were sick and those who had evil spirits in them. And Jesus healed them. Early the next morning, Jesus went off to a place where he could be alone for awhile and pray. Simon and some of the others went to find him, and said, ‘Everyone is looking for you.’ But Jesus said to them, ‘We must go to other towns now so that I can proclaim the Good News there also. Because that is what I came to do.’ So Jesus went into the synagogues all around Galilee and preached the Good News.”

This is the Good News of the Lord.
Novalis. (1990). Sunday Book of Readings Adapted for Children, Year B. Outremont, Quebec: Novalis.

*"...Jesus went into the synagogues
all around Galilee and preached
the Good News"
Mark 1:39*

Brainstorm:

Go for a walk outside and see how many things in nature you can find that show God's power! Isn't it amazing how powerful God really is? Make a list of at least ten things that you see that God has created! Besides nature, what else reminds you of God's power?

Glavich, M. (2013). Totally Catholic! Boston, Massachusetts: Pauline Books and Media.

What Do You Think?

1. How can you pray when you are busy? How can you pray when you are at school, playing, or doing anything else?

2. What is your favourite prayer? Why?

Activity: Jesus Heals

Jesus healed many people! Find and circle four things that are in the top picture but are not in the bottom picture.

Lucey, M. (2007). Catholic Corner Puzzles and Activities, Year B (Ages 5-7). Illinois, United States of America: World Library Publications.



Now Act:

Find some old clothes or toys that you have that you don't use anymore. Talk to your family and ask if you are able to give them to those who have less than you do. This is called a work of mercy. There are many kids your age who don't have the things that you have. When we give others the things that we don't need, we can help them in so many ways!

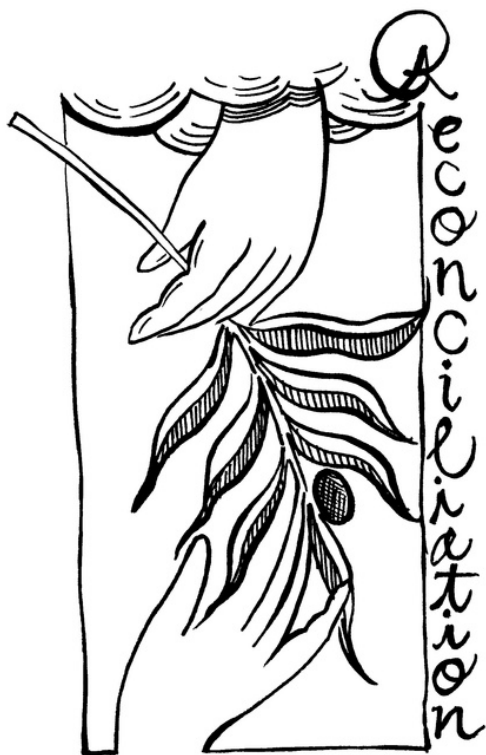
Glavich, M. (2013). Totally Catholic! Boston, Massachusetts: Pauline Books and Media.

*"Speak, Lord, I'm
listening. I wait to hear
your Word"
Psalm 40*

Boredom Busters: Reconciliation

We have learned before that all of our sins are washed away when we are baptized. As we grow older though, we all make some mistakes. These bad choices can sometimes hurt others and they separate us from God. That is why we have another sacrament called reconciliation. This word means "to become friends again". In the Bible, there are many different stories about Jesus forgiving sins. After Jesus died and rose in glory, he appeared to his apostles. He breathed on them, sending them the power of the Holy Spirit. He also blessed them with the gift of bringing God's forgiveness to others. Jesus said, 'Receive the Holy Spirit. If you forgive anyone's sins, they are forgiven. But if you don't forgive their sins, they will not be forgiven.' When you go to reconciliation, you see your priest and you confess all of your sins to them. They will forgive you and pray with you and perhaps give you a penance that you will pray as a sort of payment for your sins. Take a piece of paper and create a list of all the things that you would like to confess, whether it is to a priest at your reconciliation or alone with God before you are able to go to reconciliation. Decorate it and keep it somewhere that is private but somewhere that you will remember to look at it every once in a while. Before you go to bed at night, look at your list and think about your sins. Come up with one or two prayers that you can use as a penance for when you pray to God and confess your sins. It is always good to think about our sins and try to see how we can do better in the future to care for others rather than hurt them!

Ficocelli, E. (2005). *Child's Guide to the Seven Sacraments*. Mexico: Paulist Press.
Glavich, M. (2013). *Totally Catholic!* Boston, Massachusetts: Pauline Books and Media.



*"Here I am, O my
God. I come to do
your will."
Psalm 40*