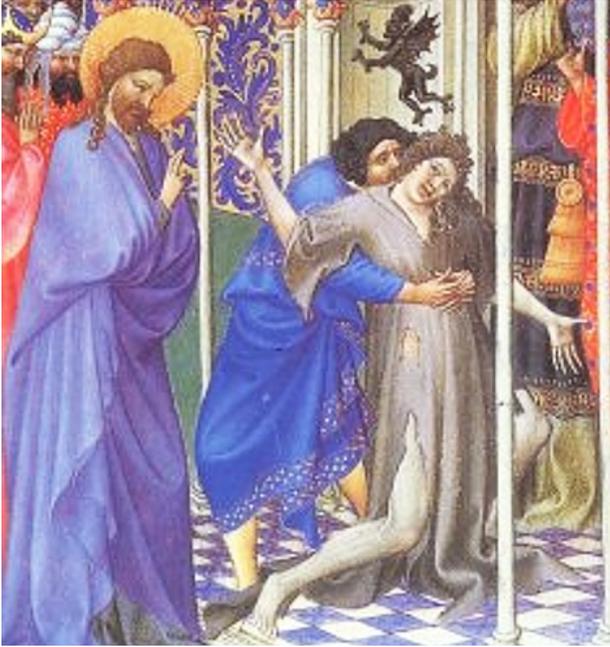




Image Credit: http://www.msperu.org/grafic/graficoslit/bTO/03_to_b.htm

“Quiet! Come out of him!”



Today, we celebrate the Fourth Sunday in Ordinary Time. Our Gospel reading from **Mark 1:21-28** tells us the story of Jesus entering a synagogue in Capernaum.

The people followed Jesus, listening to his teachings and astounded by the depth of his words. When a man troubled by an unclean spirit spoke out against Jesus, Jesus drove the spirit from the man, giving him peace and healing. This caused the crowds in the synagogue to be even more amazed by Jesus, and word of him began to spread throughout the area.

Just as the people of Jesus' time found strength in the teachings he gave them, we can be reassured each week by the truth of the gospel message. Like the people of Jesus' time, we can find comfort and healing in him. In praying, seeking the sacrament of reconciliation and receiving the Eucharist, we are comforted and renewed.

For More Fun:

- ✓ On February 2, we celebrate the Feast of The Presentation of the Lord. This special day when Jesus was presented in the temple is also called "Candlemas Day". Bring two candles to Church and have them blessed by the priest after the Mass.
- ✓ Learn more about the lives of the saints we celebrate this month at www.Saints.SQPN.com.
- ✓ It's almost time for Lent! Find great Lenten resources for your family, parish or classroom at CatholicMom.com and CRSRiceBowl.org.
- ✓ Support our ministry this week by purchasing Lisa Hende's new book: **The Grace of Yes** at Amazon, Barnes & Noble or your local Catholic bookstore. Thank you for your support!
- ✓ We love to hear from you! . Email me at lisa@catholicmom.com to let me know where you live and where you go to Church!

“If today you hear his voice,
harden not your hearts.”