**FIRST READING Jonah 3:1-5,10**

A reading from the book of Jonah

Once again the Lord spoke to Jonah. He said, “Go to Nineveh, that great city, and proclaim to the people the message I have given you.” So Jonah obeyed the Lord and went to Nineveh, a city so large that it took three days to walk through it. Jonah started through the city, and after walking a whole day, he proclaimed, “In forty days Nineveh will be destroyed!” The people of Nineveh believed God's message. So they decided that everyone should fast, and all the people, from the greatest to the least, put on sackcloth to show that they had repented. God saw what they did; he saw that they had given up their wicked behaviour. So he changed his mind and did not punish them as he had said he would.

**PSALM 62: 5-end**

**R** **God alone is my rock and my salvation.**

I depend on God alone; I put my hope in him. He alone protects and saves me; he is my defender, and I shall never be defeated. **R**

My salvation and honour depend on God; he is my strong protector; he is my shelter. Trust in God at all times, my people. Tell him all your troubles, for he is our refuge. **R**

Human beings are all like a puff of breath; great and small alike are worthless. Put them on the scales, and they weigh nothing; they are lighter than a mere breath. Don't put your trust in violence; don't hope to gain anything by robbery; even if your riches increase, don't depend on them. **R**

More than once I have heard God say that power belongs to him and that his love is constant. You yourself, O Lord, reward everyone according to their deeds. **R**

**SECOND READING Hebrews 9:24-end**

A reading from the book of Hebrews

For Christ did not go into a Holy Place made by human hands, which was a copy of the real one. He went into heaven itself, where he now appears on our behalf in the presence of God. The Jewish high priest goes into the Most Holy Place every year with the blood of an animal. But Christ did not go in to offer himself many times, for then he would have had to suffer many times ever since the creation of the world. Instead, now when all ages of time are nearing the end, he has appeared once and for all, to remove sin through the sacrifice of himself. Everyone must die once, and after that be judged by God. In the same manner Christ also was offered in sacrifice once to take away the sins of many. He will appear a second time, not to deal with sin, but to save those who are waiting for him.

**GOSPEL Mark 1: 14-20**

Hear the gospel of our Lord Jesus Christ according to Mark. **Glory to you O Lord.**

After John had been put in prison, Jesus went to Galilee and preached the Good News from God. “The right time has come,” he said, “and the Kingdom of God is near! Turn away from your sins and believe the Good News!” As Jesus walked along the shore of Lake Galilee, he saw two fishermen, Simon and his brother Andrew, catching fish with a net. Jesus said to them, “Come with me, and I will teach you to catch people.” At once they left their nets and went with him. He went a little farther on and saw two other brothers, James and John, the sons of Zebedee. They were in their boat getting their nets ready. As soon as Jesus saw them, he called them; they left their father Zebedee in the boat with the hired men and went with Jesus.

This is the Gospel of the Lord. **Praise to you, O Christ.**