

**ENTRANCE ANTIPHON**

As for me, in justice I shall behold your face;  
I shall be filled with the vision of your glory.

**GLORIA**

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world, have  
mercy on us;  
you take away the sins of the world, receive  
our prayer;  
you are seated at the right hand of the  
Father, have mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.

**COLLECT**

O God, who show the light of your truth  
to those who go astray,  
so that they may return to the right path,  
give all who for the faith they profess  
are accounted Christians  
the grace to reject whatever is contrary to the  
name of Christ  
and to strive after all that does it honour.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
one God, for ever and ever.  
Amen.

**FIRST READING**

Am 7:12-15

A reading from the prophet Amos.

Amaziah, the priest of Bethel, said to Amos,  
"Go away, seer; get back to the  
land of Judah; earn your bread there, do your  
prophesying there. We want no  
more prophesying in Bethel; this is the royal  
sanctuary, the national  
temple." "I was no prophet, neither did I  
belong to any of the brotherhoods  
of prophets," Amos replied to Amaziah. "I  
was a shepherd, and looked after  
sycamores: but it was the Lord who took me  
from herding the flock, and the  
Lord who said, 'Go, prophesy to my people  
Israel'."

The word of the Lord.

**RESP. PSALM**

Ps 84

Response:

Let us see, O Lord, your mercy  
and give us your saving help.

1. I will hear what the Lord God has to say,  
a voice that speaks of peace,  
peace for his people.  
His help is near for those who fear him  
and his glory will dwell in our land. (R.)
2. Mercy and faithfulness have met;  
justice and peace have embraced.  
Faithfulness shall spring from the earth  
and justice look down from heaven. (R.)

3. The Lord will make us prosper  
and our earth shall yield its fruit.  
Justice shall march before him  
and peace shall follow his steps. (R.)

**SECOND READING**

Ep 1:3-14

(For Shorter Form read between > <)

A reading from the letter of St Paul to the  
Ephesians.

>Blessed be God the Father of our Lord Jesus  
Christ,  
who has blessed us with the spiritual  
blessings of heaven in Christ.  
Before the world was made, he chose us,  
chose us in Christ,  
to be holy and spotless, and to live through  
love in his presence,  
determining that we should become his  
adopted sons, through Jesus Christ,  
for his own kind purposes,  
to make us praise the glory of his grace,  
his free gift to us in the Beloved,  
in whom, through his blood, we gain our  
freedom,  
the forgiveness of our sins.  
Such is the richness of the grace  
which he has showered on us  
in all wisdom and insight.  
He has let us know the mystery of his  
purpose,  
the hidden plan he so kindly made in Christ  
from the beginning to act upon  
when the times had run their course to the  
end: that he would bring  
everything together under Christ, as head,  
everything in the heavens and  
everything on earth.<  
And it is in him that we were claimed as  
God's own,  
chosen from the beginning,  
under the predetermined plan of the one who  
guides all things as he decides  
by his own will;  
chosen to be,  
for his greater glory,  
the people who would put their hopes in  
Christ before he came.  
Now you too, in him,  
have heard the message of the truth and the  
good news of your salvation,  
and have believed it:  
and you too have been stamped with the seal  
of the Holy Spirit of the promise, the pledge  
of our inheritance which brings freedom for  
those whom God has taken for his own, to  
make his glory praised.  
>The word of the Lord.<

**GOSPEL ACCLAMATION**

Alleluia, alleluia!

Your words are spirit, Lord,  
and they are life:  
you have the message of eternal life.  
Alleluia!

**GOSPEL**

Mk 6:7-13

A reading from the holy Gospel according to  
Mark.

Jesus summoned the Twelve and began to  
send them out in pairs giving them authority  
over the unclean spirits. And he instructed  
them to take nothing for the journey except  
a staff - no bread, no haversack, no coppers  
for their purses. They were to wear sandals  
but, he added, "Do not take a spare tunic."  
And he said to them, "If you enter a house

anywhere, stay there until you leave the  
district. And if any place does not welcome  
you and people refuse to listen to you, as  
you walk away shake off the dust from under  
your feet as a sign to them." So they set off  
to preach repentance: and they cast out many  
devils, and anointed many sick people with  
oil and cured them.

The Gospel of the Lord.

**PROFESSION OF FAITH**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with  
the Father;  
through him all things were made.

For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the  
Virgin Mary,  
and became man.

For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.

He ascended into heaven  
and is seated at the right hand of the Father.

He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,  
the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,

who has spoken through the prophets.  
I believe in one, holy, catholic and  
apostolic Church.

I confess one Baptism for the forgiveness  
of sins

and I look forward to the resurrection of  
the dead and the life of the world to come.  
Amen.

**PRAYER OVER THE OFFERINGS**

Look upon the offerings of the Church, O Lord,  
as she makes her prayer to you,  
and grant that, when consumed by those who  
believe,  
they may bring ever greater holiness.

**COMMUNION ANTIPHON**

The sparrow finds a home,  
and the swallow a nest for her young:  
by your altars, O Lord of hosts, my King and  
my God.  
Blessed are they who dwell in your house,  
for ever singing your praise.

**PRAYER AFTER COMMUNION**

Having consumed these gifts, we pray,  
O Lord,  
that, by our participation in this mystery,  
its saving effects upon us may grow.



## THE MISSION

MARK 6: 7-13

Before he sends out his twelve disciples on the first mission, Jesus gives them some brief instructions on how they are to conduct themselves. They are to go in pairs, one supporting the other. Above all, they are to travel light, taking nothing with them for the journey except a staff, essential for travelling over rough ground and maybe even for defence against angry snapping dogs.

There is a list of what not to bring – no bread, no haversack and no money. They are allowed sandals to protect their feet but not a spare shirt. As for food and shelter, they are to be dependent on the people among whom they go. Where they are clearly unwelcome, they are not to spend long arguing or pleading to be heard: they are simply to move on with a gesture of rejection by shaking the dust from their feet. This was a small prophetic sign that God would take account of the rejection of his messengers at the final judgment.

This mission was a relatively modest one. They were sent to the small towns and villages that ringed the Sea of Galilee. Distances between places were not great – a few hours walk at most. People in rural Galilee had a name for respecting holy people who came as preachers or prophets. They provided them with a simple meal or a night's lodging.

The Church's mission became more complex in the next generation, as Paul and his companions went deeper into foreign lands. That mission needed resources and financial support.

The preachers did three things. First of all, like Jesus, they preached repentance. Second like him, they cast out devils, freeing people from dark forces. Third, they healed the sick by anointing them with oil: this is the first reference to the use of oil in the pastoral care of the sick (see also James 5:14) which is continued in the Catholic tradition of the anointing of the sick. ■

### SAY

Thank you, Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have borne for me. Most merciful Redeemer, friend and brother, may I know you more clearly, love you more dearly and follow you more nearly. (Prayer of St Richard of Chichester)

### LEARN

The mission of bringing good news continues in the world today through the Church.

For many people, the good news is that there is a love they have never before imagined that supports them and will carry them through the dark days and even darker nights.

Repentance means 'turning your life around' or looking of a better path.

### REFLECT

Epictetus the philosopher was born about fifty years after Jesus. In his teaching, he insisted on the importance of a simple life, unencumbered by possessions. Epictetus was not a rich man. The only furniture in his house were a simple rush mat, a mattress on the floor and a metal lamp. When the lamp was stolen, he replaced it with an earthenware one. When that was also stolen, he simply organised his day, going to bed at sunset and rising at dawn.

Today's Gospel stresses the simple life. The disciples can travel quickly because they are not burdened by possessions. Modern life can so easily load us down with things we really do not need. "Three for the price of two" may seem like an attractive offer in the supermarket, but I really only wanted (and need) one. One of modern advertising's most seductive words is 'indispensible.' A few years ago, something did not exist and we never even imagined it, now it is a "must have." Yet experience teaches us that very few possessions can of themselves bring us contentment. ■

### PRAY

Pray that God will give us the grace to care for the creation he has given us.

### DO

This week take an honest look and ask yourself if there is there any way in which you can make your life less cluttered.