

ENTRANCE ANTIPHON

See, I have God for my help.
The Lord sustains my soul.
I will sacrifice to you with willing heart,
and praise your name, O Lord, for it is good.

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

Show favour, O Lord, to your servants
and mercifully increase the gifts of your grace,
that, made fervent in hope, faith and charity,
they may be ever watchful in keeping your commands.
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

Jr 23:1-6

A reading from the prophet Jeremiah.
"Doom for the shepherds who allow the flock of my pasture to be destroyed and scattered - it is the Lord who speaks! This, therefore, is what the Lord, the God of Israel says about the shepherds in charge of my people: You have let my flock be scattered and go wandering and have not taken care of them. Right, I will take care of you for your misdeeds - it is the Lord who speaks! But the remnant of my flock, I myself will gather from all the countries where I have dispersed them, and will bring them back to their pastures: they shall be fruitful and increase in numbers. I will raise up shepherds and look after them and pasture them; no fear, no terror for them any more; not one shall be lost - it is the Lord who speaks!
"See, the days are coming - it is the Lord who speaks -
when I will raise a virtuous Branch for David, who will reign as true king and be wise, practising honesty and integrity in the land. In his days Judah will be saved and Israel dwell in confidence.
And this is the name he will be called: The Lord-our-integrity."
The word of the Lord.

RESP. PSALM

Ps 22

Response:

**The Lord is my shepherd;
there is nothing I shall want.**

1. The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit. (R.)
2. He guides me along the right path;
he is true to his name.
If I should walk in the valley of darkness
no evil would I fear.
You are there with your crook and your staff;
with these you give me comfort. (R.)
3. You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing. (R.)
4. Surely goodness and kindness shall
follow me
all the days of my life.
In the Lord's own house shall I dwell
for ever and ever. (R.)

SECOND READING

Ep 2:13-18

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

In Christ Jesus, you that used to be so far apart from us have been brought very close, by the blood of Christ. For he is the peace between us, and has made the two into one and broken down the barrier which used to keep them apart, actually destroying in his own person the hostility caused by the rules and decrees of the Law. This was to create one single New Man in himself out of the two of them and by restoring peace through the cross, to unite them both in a single Body and reconcile them with God. In his own person he killed the hostility. Later he came to bring the good news of peace, peace to you who were far away and peace to those who were near at hand. Through him, both of us have in the one Spirit our way to come to the Father.

The word of the Lord.

GOSPEL ACCLAMATION

Alleluia, alleluia!

**The sheep that belong to me listen to my voice
says the Lord,
I know them and they follow me.**
Alleluia!

GOSPEL

Mk 6:30-34

A reading from the holy Gospel according to Mark.

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, "You must come away to some lonely place all by yourselves and rest for a while"; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all

hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

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

O God, who in the one perfect sacrifice brought to completion varied offerings of the law,
accept, we pray, this sacrifice from your faithful servants
and make it holy, as you blessed the gifts of Abel,
so that what each has offered to the honour of your majesty
may benefit the salvation of all.

COMMUNION ANTIPHON

**The Lord, the gracious, the merciful,
has made a memorial of his wonders;
he gives food to those who fear him.**

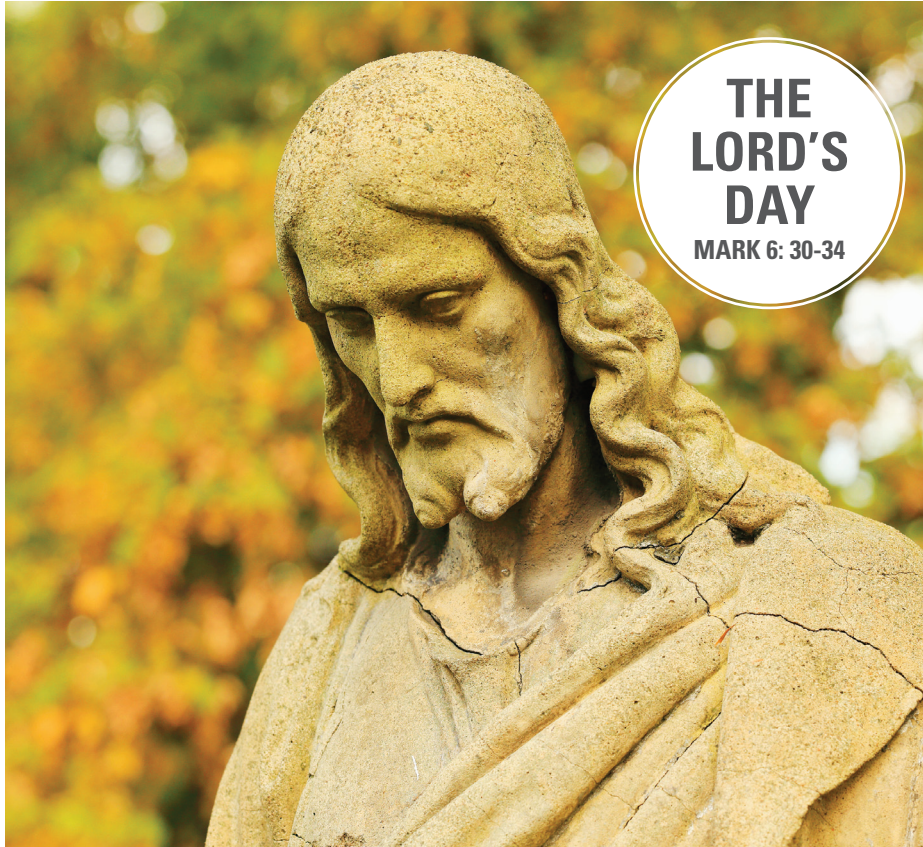
PRAYER AFTER COMMUNION

Graciously be present to your people, we pray, O Lord,
and lead those you have imbued with heavenly mysteries
to pass from former ways to newness of life.

19 JULY 2015 Sunday Message 29TH SUNDAY IN ORDINARY TIME

THE WORD

Psalter week 1



When the disciples returned from their preaching mission, they are excited and eager to tell how successful they have been. Noticing that they are tired, Jesus proposes that they take a short break, go to a quiet place and rest.

Mark has added a little note to emphasise the pressures they were under: “there were so many coming and going that the apostles had not even time to eat.” The people who had been coming to them probably guessed where they were going and reached the place ahead of them. The heart-breaking plight of the people makes Jesus change plans. “They were like sheep without a shepherd.” This probably refers to chapter 34 of the prophet Ezekiel. The imagery of abandoned sheep describes the plight of the people of Israel, abandoned by their political and spiritual leaders. In the time of Jesus, the religious leadership had become so involved in political dealing with the Roman rulers that they had to all intents and purposes abandoned the ordinary people.

God is Israel’s real shepherd. Through Ezekiel, he promised to give them a new shepherd-king. The Gospel writers used Ezekiel’s language and imagery to describe the mission of Jesus as the good shepherd. Today’s Gospel stresses the unselfish love of the shepherd who forgets his own needs and plans to care for the abandoned sheep and to feed them with the word of comfort. ■

SAY

“Blessed are you, Lord God of creation, who has sanctified us by your commandments and given us the sabbath day as our inheritance.” [Jewish blessing for the sabbath]

PRAY

For people who are unable to celebrate the Eucharist on Sundays, either because of a shortage of priests or because the state does not grant them freedom of worship.

DO

Think about how you spend Sunday: is it truly ‘the Lord’s Day’ for you?

REFLECT

Jesus’ concern that the twelve should have an opportunity to rest after a time of intense work is a reminder of the spirituality of sabbath. When the Christian church replaced the Jewish sabbath with the Lord’s Day, it did not merely choose a different day of the week but gave it new meaning by making its central feature the meeting to celebrate the Lord’s Supper or Eucharist.

Sometimes, Christian Churches have tried to adopt aspects of the Jewish Sabbath law. Older Catholics might remember that ‘servile work’ was forbidden on Sunday and there were strict standards of what exactly was permitted or forbidden. A classic film, *Chariots of Fire*, was based on the story of a Scots Protestant missionary called Eric Liddle, whose sabbath convictions prevented him running a race in the 1924 Olympic Games. Most people kept special clothes for the day, their ‘Sunday best.’ Shops were closed, but often too, in a fit of misguided zeal, were children’s playgrounds and parks. For many shopping centres today, Sunday is the busiest day of the week. Is Sunday in danger of becoming a day like any other?

There is much to be said for keeping Sunday special. That is not to say we should become scrupulous about it. Jesus taught that ‘the sabbath was made for people, not people for the sabbath.’ (Mark 2:27). It is worth remembering that the first one to keep the sabbath was God himself. Having spent a week creating the universe, God rested and kept sabbath. Keeping Sunday special might be about giving added importance to at least one main family meal, visiting elderly relatives, walking by the sea or in the hills to admire the beauty of creation or just slowing down. ■

LEARN

For the people of Israel, the sabbath day was a day of rest that included everyone, even servants and employees.

Jesus stressed in his teaching that ‘the sabbath was made for human beings, not human beings for the sabbath.’

Keeping Sunday special is good for the individual and the family.