

**ENTRANCE ANTIPHON**

The Lord is the strength of his people,  
a saving refuge for the one he has anointed.  
Save your people, Lord, and bless your  
heritage,  
and govern them forever.

**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**

Grant, O Lord,  
that we may always revere and love your  
holy name,  
for you never deprive of your guidance  
those you set firm on the foundation of your  
love.  
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**

Job 38:1. 8-11

From the heart of the tempest the Lord gave  
Job his answer. He said:

Who pent up the sea behind closed doors  
when it leapt tumultuous out of the womb,  
then I wrapped it in a robe of mist  
and made black clouds its swaddling  
bands;  
when I marked the bounds it was not to  
cross  
and made it fast with a bolted gate?  
Come thus far, I said, and no farther:  
here your proud waves shall break.

The word of the Lord.

**RESP. PSALM**

Ps106

Response:

O give thanks to the Lord,  
for his love endures for ever.  
or  
Alleluia!

1. Some sailed to the sea in ships  
to trade on the mighty waters.  
These men have seen the Lord's deeds,  
the wonders he does in the deep.  
(R.)

2. For he spoke; he summoned the gale,  
tossing the waves of the sea  
up to heaven and back into the deep;  
their soul melted away in their distress.  
(R.)
3. Then they cried to the Lord in their need  
and he rescued them from their distress.  
He stilled the storm to a whisper:  
all the waves of the sea were hushed. (R.)
4. They rejoiced because of the calm  
and he let them to the haven they  
desired.  
Let them thank the Lord for his love,  
the wonder he does for men. (R.)

**SECOND READING**

2 Cn 5:14-17

The love of Christ overwhelms us when we  
reflect that if one man has died for all, then  
all men should be dead; and the reason he  
died for all was so that living men should live  
no longer for themselves, but for him who  
died and was raised to life for them.

From now onwards, therefore, we do not  
judge anyone by the standards of the flesh.  
Even if we did once know Christ in the flesh,  
that is not how we know him now. And  
for anyone who is in Christ, there is a new  
creation; the old creation has gone, and now  
the new one is here.

The word of the Lord.

**GOSPEL ACCLAMATION**

Alleluia, alleluia!

May the Father of our Lord Jesus Christ  
enlighten the eyes of our mind,  
so that we can see what hope his call holds  
for us.  
Alleluia!

**GOSPEL**

Mk 4:234-41

With the coming of evening, Jesus said to  
his disciples, "Let us cross over to the other  
side." And leaving the crowd behind they  
took him, just as he was, in the boat; and  
there were other boats with him. Then it  
began to blow a gale and the waves were  
breaking into the boat so that it was almost  
swamped. But he was in the stern his head  
on the cushion, asleep. They woke him and  
said to him, "Master, do you not care? We are  
going down! And he woke up and rebuked  
the wind and said to the sea, "Quiet now! Be  
calm!" And the wind dropped, and all was  
calm again. Then he said to them, "Why are  
you frightened? How is it that you have no  
faith?" They were filled with awe and said  
to one another, "Who can this be? Even the  
wind and the sea obey him."

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**

Receive, O Lord, the sacrifice of conciliation  
and praise  
and grant that, cleansed by its action,  
we may make offering of a heart pleasing to  
you.

Through Christ our Lord.  
Amen.

**COMMUNION ANTIPHON**

The eyes of all look to you, Lord,  
and you give them their food in due season.

**PRAYER AFTER COMMUNION**

Renewed and nourished  
by the Sacred Body and Precious Blood of  
your Son,  
we ask of your mercy, O Lord,  
that what we celebrate with constant  
devotion  
may be our sure pledge of redemption.  
Through Christ our Lord.  
Amen.

## BE CALM!

MARK 4: 35-41



Jesus had preached his parable sermon from a boat moored a short distance from the shore. Now he and his disciples set out for the opposite side of the lake.

The Lake of Galilee is set in a deep bowl-like depression. Storms can sometimes break over it with little warning but with a lot of force. As fishermen, the disciples would have been well used to such squalls. This one seems to have been particularly violent as the boat rapidly begins to take in water and is threatening to capsize. Through it all, Jesus remains asleep so they wake him to do something. They may simply have expected him to lend a hand with the oars or the sails. Instead, Jesus rebukes the wind and waves as though they were children or animals out of control. In the folk-lore of the time, deep water was where monsters lurked. They were the agents of death and chaos causing waves and drowning humans. In response to Jesus' words, the wind immediately dropped and all was calm again.

Jesus now confronts his terrified disciples with two questions: "Why the fear? Where is your faith?" They seem to have learned very little for all the time they have spent in his company. They have not recognised that, as Son of God, he has power not only to cure or to provide food but to take on the dark forces of death and destruction. They are left with a question: who really is this Jesus 'that the wind and sea obey him?' Reading the Gospel today, we might ask ourselves a similar question: who is this Jesus for us? ■

### PRAY

Pray for people, especially young people, who are self-conscious and anxious.

### DO

Quietly take stock of your life. Become aware of any fears and anxieties that hold you back. Do not be too hard on yourself, but ask God for confidence and peace.

### REFLECT

More than a quarter of a century ago, a woman called Susan Jeffers published a self-help book called *Feel the Fear and Do It Anyway*. It was aimed at people who felt they were being held back from doing the things they really wanted by anxiety that they might be mistaken or that they would fail. It remains a popular book, proving that many people feel themselves bound in by fear.

Blessed Pope John XXIII tried to inject a new sense of hope and confidence into the Catholic Church during a period known as 'the Cold War.' He once wrote: 'Consult not your fears but your hopes and your dreams. Do not think about your frustrations, but instead think about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.'

Take some time this week to read and think about the story of Jesus and his disciples in the boat. Get in touch with whatever may be causing you anxiety and fear and hear Jesus say, "Quiet now! Be calm!" ■

### LEARN

A life of faith is a life that is ready to take risks because we know God is with us for our good.

Welcome each day for the unexpected graces and blessings it brings.

The Church is like a boat in which Jesus will calm the seas if they become too much for us.

### SAY

"My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. But I know that you will lead me by the right road even if I am not sure where to find it."  
[Thomas Merton]