

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 for ever.

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,
God, for ever and ever.
Amen.

FIRST READING

Jb 38:1, 8-11

A reading from the book of Job.
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,
when 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.
Thanks be to God.

PSALM

Ps 106(107):23-26, 28-32

Response:
O give thanks to the Lord, for his love endures
for ever.

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 souls 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 led them to the haven they desired.
Let them thank the Lord for his love,
for the wonders he does for men. (R.)

SECOND READING

2 Co 5:14-17

A reading from the second letter of St Paul to
the Corinthians.
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.
Thanks be to God.

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 4:35-41

A reading from the holy Gospel according to
Mark.
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 so 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.
Praise to you, Lord Jesus Christ.

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,

(all bow during the next three lines)

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.

Sunday Message

TWELFTH SUNDAY IN ORDINARY TIME

THE WORD

Year B • 23 June 2024 • Colour: Red • Psalter Week 4



**DON'T
PANIC!
DON'T
PANIC**

MARK 4:35-41

Jesus has been teaching the crowds from a boat on the Sea of Galilee. Afterwards, he decides to set out in the boat to the other side of the lake. But people get into other boats and follow him - an indicator that the number of Jesus' followers is on the increase.

Suddenly, a violent storm erupts. These are common on the Sea of Galilee, which is about 200 metres below sea level. The hills around it reach to a height of about 600 metres where the air is cool and dry. However, at the level of the lake, the climate is semi-tropical and the air is warm and moist. The difference in height between the surrounding hills and the lake causes large temperature and pressure changes. These generate strong winds which funnel through the hills and drop down onto the lake, with violent results. As the lake is quite shallow (60 metres at most), the winds can whip up waves of two metres or more. This is the kind of storm that hits the boats. The waves are smashing against Jesus' boat and the vessel is gradually filling.

But Jesus is sound asleep in the stern on a cushion. This would seem impossible but Mark has added this detail for a purpose. Jesus has authority over all chaos, including the situation in which the disciples now find themselves. While they are his disciples and call him "teacher," they still have much to learn about him. In fact, their fear is so great that they doubt his willingness to save them. These disciples have seen all his miracles and have heard his teaching, yet they still do not recognise the presence of God's power in him.

When Jesus awakes, he rebukes the winds and the sea, and restores calm. His response to their lack of faith is harsh. There was no reason for the disciples to be afraid. "How is it that you have no faith?" he asks them. It's obvious they are still a long way off from the fullness of faith which he desires for them.

Jesus' words fill the disciples with awe. They wonder who he is, but the answer to their question is going to involve a long journey - one that will be filled with misunderstanding, fear and failure - before they finally come to true faith in him. ■

REFLECT

One of the most beloved characters in the classic BBC comedy series *Dad's Army* is the butcher Lance Corporal Jones. Jones is brave and full of enthusiasm for the fight against Hitler, but whenever action or danger is imminent he becomes near-hysterical and runs around frantically shouting, "Don't panic! Don't panic!" at the top of his voice, which, of course, only adds to the panic and confusion.

At the very moment when he needs to be calm and have his wits about him, Jones is the very opposite. He becomes a hindrance rather than a help.

While Jones is a fictional character, he is also relatable. We may know people somewhat like him; we may even fall into the same category ourselves. The one who can keep a calm head in times of crisis is someone we admire, someone we trust, someone who can be given a position of leadership or responsibility.

The disciples in today's Gospel panic when the storm brews. They are scared for their lives. No doubt they are aware of tragedies that have occurred on that very lake, of boats that went down during storms, of lives lost. They fear it will happen to them. They are incredulous that their master and teacher is able to sleep right through it. Doesn't he realise the danger they are in? When Jesus calms the storm, they are awestruck. Even after all this time, they still do not appreciate who Jesus really is. Their faith is still lacking.

All of us, at one time or another, in one way or another, will encounter storms along the journey of life. They are part of the human condition. Like Corporal Jones, we can feel overwhelmed, panicked, afraid. This is where our faith comes in. We are asked to trust in God's loving presence at all times, to trust that even in the most difficult situations God is with us, that God will never abandon us. Even when God appears to be sleeping, we know we need not be afraid. ■

LEARN

God is with us always, in good times and bad

It is okay to experience doubts and difficulties so long as we continue to trust in God

PRAY

Pray for those who feel as if they are caught in a storm - the ill, depressed, suicidal, bullied, those who suffer discrimination or intimidation - that they may experience Jesus's soothing, calming, saving presence with them.

DO

As Christians, we know that Jesus is with us in the midst of any storm in which we find ourselves. But he is more than with us; he calls on us to face that storm. To have courage. To trust. To be not afraid. Think of the challenges and difficulties you and your loved ones are facing at this time. Ask the Lord's help in facing them.

SAY

"Lord, help me to trust in you at all times."