

ENTRANCE ANTIPHON

All peoples, clap your hands.
Cry to God with shouts of joy!

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 through the grace of adoption
chose us to be children of light,
grant, we pray, that we may not be wrapped in
the darkness of error
but always be seen to stand in the bright light
of truth.

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 2 Kgs 4:8-11, 14-16

A reading from the second Book of the Kings.
One day as Elisha was on his way to Shunem, a
woman of rank who lived there pressed him to
stay and eat there. After this he always broke
his journey for a meal when he passed that way.
She said to her husband, "Look, I am sure the
man who is constantly passing our way must be
a holy man of God. Let us build him a small room
on the roof, and put him a bed in it, and a table
and chair and lamp; whenever he comes to us
he can rest there."

One day when he came, he retired to the
upper room and lay down. "What can be
done for her?" he asked. Gehazi, his servant,
answered, "Well, she has no son and her
husband is old." Elisha said, "Call her." The
servant called her and she stood at the door.
"This time next year," Elisha said, "you will hold a
son in your arms."

The word of the Lord.
Thanks be to God.

PSALM Ps 88:2-3, 16-19

Response:
I will sing for ever of your love, O Lord.

1. I will sing for ever of your love, O Lord;
through all ages my mouth will proclaim
your truth.
Of this I am sure, that your love lasts for
ever,
that your truth is firmly established as the
heavens. (R.)

2. Happy the people who acclaim such a king,
who walk, O Lord, in the light of your face,
who find their joy every day in your name,
who make your justice the source of their
bliss. (R.)

3. For it is you, O Lord, who are the glory of
their strength;
it is by your favour that our might is exalted:
for our ruler is in the keeping of the Lord;
our king in the keeping of the Holy One of
Israel. (R.)

SECOND READING Rm 6:3-4, 8-11

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

When we were baptised in Christ Jesus we were
baptised in his death; in other words, when we
were baptised, we went into the tomb with him
and joined him in death, so that as Christ was
raised from the dead by the Father's glory, we
too might live a new life.

But we believe that having died with Christ we
shall return to life with him: Christ, as we know,
having been raised from the dead will never die
again. Death has no power over him anymore.
When he died, he died, once for all, to sin, so his
life now is life with God; and in that way, you too
must consider yourselves to be dead to sin but
alive for God in Christ Jesus.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!
Open our heart, O Lord,
to accept the words of your Son.
Alleluia!

GOSPEL Mt 10:37-42

A reading from the holy Gospel according to
Matthew.

Jesus instructed the Twelve as follows:
"Anyone who prefers father or mother to me is
not worthy of me. Anyone who prefers son or
daughter to me is not worthy of me. Anyone
who does not take his cross and follow in my
footsteps is not worthy of me. Anyone who
finds his life will lose it; anyone who loses his life
for my sake will find it. "Anyone who welcomes
you welcomes me; and those who welcome me
welcome the one who sent me. "Anyone who
welcomes a prophet because he is a prophet
will have a prophet's reward; and anyone who
welcomes a holy man because he is a holy man
will have a holy man's reward. "If you anyone
gives so much as a cup of cold water to one of
these little ones because he is a disciple, then I
tell you solemnly, he will most certainly not lose
his reward."

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

O God, who graciously accomplish
the effects of your mysteries,
grant, we pray,
that the deeds by which we serve you
may be worthy of these sacred gifts.
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

Bless the Lord, O my soul,
and all within me, his holy name.

PRAYER AFTER COMMUNION

May this divine sacrifice we have offered and
received
fill us with life, O Lord, we pray,
so that, bound to you in lasting charity,
we may bear fruit that lasts for ever.
Through Christ our Lord.
Amen.

You say grace before meals. All right. But I say
grace before the concert and the opera, and
grace before the play and pantomime, and
grace before I open a book, and grace before
sketching, painting, swimming, fencing, boxing,
walking, playing, dancing and grace before I dip
the pen in the ink.

GK Chesterton

Sunday Message

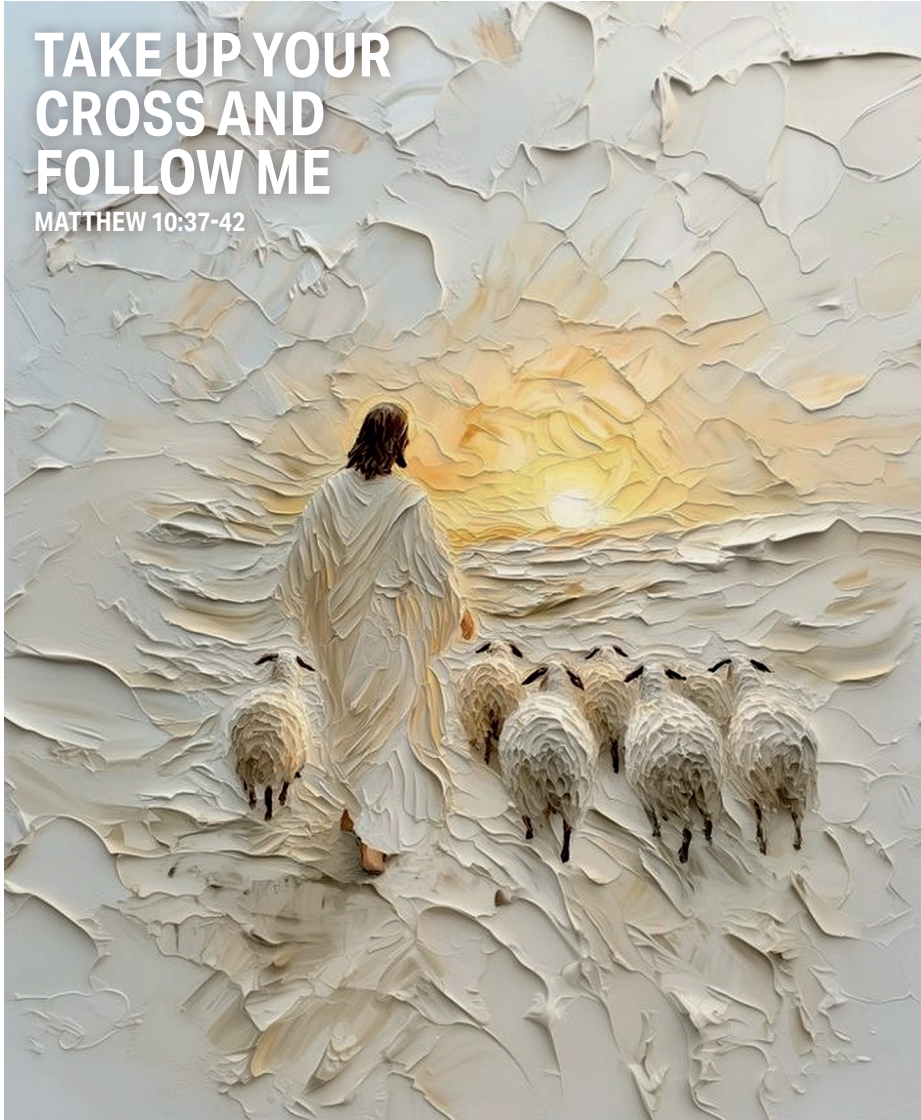
THIRTEENTH SUNDAY IN ORDINARY TIME

THE WORD

Year A • 28 June 2026 • Colour: Green • Psalter Week 1

TAKE UP YOUR CROSS AND FOLLOW ME

MATTHEW 10:37-42



In this passage, Jesus addresses the cost of discipleship, emphasizing the primacy of allegiance to him. He begins with a stark statement: "Whoever loves father or mother more than me is not worthy of me."

The language is deliberately strong to highlight that following Christ may require difficult choices, even within close family relationships. The call is not against natural affection, but against allowing anything — even legitimate love — to take precedence over one's commitment to Christ.

Jesus frames discipleship in terms of both sacrifice and reward. Those who accept him may face rejection or hardship, yet the passage promises recognition and recompense: "Whoever gives even a cup of cold water to one of these little ones... will surely not lose their reward." The reference to the "little ones" underscores the value of humble acts of service, showing that discipleship is expressed in practical, everyday care as well as in overarching commitment to Christ.

Matthew's Gospel stresses that following Jesus is total: it requires ordering one's priorities toward him, yet it also affirms that God notices and honours even the smallest acts of love and service. In this way, discipleship is both demanding and deeply rewarding. ■

REFLECT

Jesus' words in this passage are challenging. "Whoever loves father or mother more than me is not worthy of me." At first, this may sound harsh, but he is teaching about the order of love. Faith in Christ comes first, not because family or other commitments are unimportant, but because everything else is rightly ordered when it flows from him. Discipleship asks for loyalty and courage, even when it requires difficult choices.

Yet the Gospel is also profoundly encouraging. Jesus reassures us that no act of love, however small, goes unnoticed. Giving even a cup of cold water to someone in need is seen and valued by God. Discipleship is not only about the big, costly decisions; it is lived in countless small gestures of care, attention, and kindness.

In our daily lives, we are called to balance love for God with love for others. Following Christ means letting him shape our priorities, guiding our relationships, and inspiring our acts of service. Every gesture of care — every word of encouragement or act of support — becomes a way of participating in his mission. Through faithfulness in both big and small ways, we witness Christ's love to the world. ■

DO

This week, I could support someone quietly, without recognition, knowing God sees and values it.

LEARN

The Church teaches that true discipleship requires placing God above all else, and that even small acts of charity performed in faith participate in Christ's mission and are rewarded by God.

SAY

Lord Jesus,
Help us to put you first in our lives.
Teach us to serve you in small and
generous ways.
May every act of love we offer be
done in your name.