

# 4 JULY 2021 Sunday Message 14<sup>TH</sup> SUNDAY IN ORDINARY TIME

Year B • Psalter Week 2

**ENTRANCE ANTIPHON**

Your merciful love, O God,  
we have received in the midst of your temple.  
Your praise, O God, like your name,  
reaches the ends of the earth;  
your right hand is filled with saving justice.

**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 in the abasement of your Son  
have raised up a fallen world,  
fill your faithful with holy joy,  
for on those you have rescued from slavery  
to sin  
you bestow eternal gladness.  
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**

Ezekiel 2:2-5

A reading from the prophet Ezekiel.

The spirit came into me and made me stand up,  
and I heard the Lord speaking to me.  
He said, "Son of man, I am sending you to the  
Israelites, to the rebels who have turned  
against me. Till now they and their ancestors  
have been in revolt against me. The sons are  
defiant and obstinate; I am sending you to  
them, to say, 'The Lord says this.' Whether  
they listen or not, this set of rebels shall know  
there is a prophet among them."

The word of the Lord.  
Thanks be to God.

**PSALM**

Psalm 122

Response:

**Our eyes are on the Lord  
till he show us his mercy.**

1. To you have I lifted up my eyes,  
you who dwell in the heavens:  
my eyes, like the eyes of slaves  
on the hand of their lords. (R.)

2. Like the eyes of a servant  
on the hand of his mistress,  
so our eyes are on the Lord our God  
till he show us his mercy. (R.)

3. Have mercy on us, Lord, have mercy.  
We are filled with contempt.  
Indeed all too full is our soul  
with the scorn of the rich,  
with the proud man's disdain. (R.)

**SECOND READING** 2 Corinthians 12:7-10

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

In view of the extraordinary nature of these revelations, to stop me from getting too proud I was given a thorn in the flesh, an angel of Satan to beat me and stop me from getting too proud! About this thing, I have pleaded with the Lord three times for it to leave me, but he has said, "My grace is enough for you: my power is at its best in weakness." So I shall be very happy to make my weaknesses my special boast so that the power of Christ may stay over me, and that is why I am quite content with my weaknesses, and with insults, hardships, persecutions, and the agonies I go through for Christ's sake. For it is when I am weak that I am strong.

The word of the Lord.  
Thanks be to God.

**GOSPEL ACCLAMATION**

Alleluia, alleluia!

The Word was made flesh and lived among us;  
to all who did accept him  
he gave power to become children of God.  
Alleluia

**GOSPEL**

Mark 6:1-6

A reading from the holy Gospel according to Mark.

Jesus went to his home town and his disciples accompanied him. With the coming of the sabbath he began teaching in the synagogue and most of them were astonished when they heard him. They said, "Where did the man get all this? What is this wisdom that has been granted him, and these miracles that are worked through him? This is the carpenter, surely, the son of Mary, the brother of James and Joset and Jude and Simon? His sisters, too, are they not here with us?" And they would not accept him. And Jesus said to them, "A prophet is only despised in his own country, among his own relations and in his own house"; and he could work no miracle there, though he cured a few sick people by laying his hands on them. He was amazed at their lack of faith.

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**

May this oblation dedicated to your name  
purify us, O Lord,  
and day by day bring our conduct  
closer to the life of heaven.  
Through Christ our Lord.  
Amen.

**COMMUNION ANTIPHON**

Taste and see that the Lord is good;  
blessed the man who seeks refuge in him.

**PRAYER AFTER COMMUNION**

Grant, we pray, O Lord,  
that, having been replenished by such great  
gifts,  
we may gain the prize of salvation  
and never cease to praise you.  
Through Christ our Lord.  
Amen.

Unless we look at a person and see the beauty that is in them, we can contribute nothing to them. One does not help a person by discerning what is wrong, what is ugly, what is distorted. Christ looked at everyone he met, at the prostitute, at the thief, and saw the beauty hidden there. Perhaps it was distorted, perhaps damaged, but it was beauty none the less, and what he did was to call out this beauty.

Metropolitan Anthony Bloom

**THE WORD****EYES WIDE OPEN**

MARK 6:1-6

They couldn't believe what they were witnessing. Here was the carpenter's son holding forth in the synagogue, preaching as if he were a rabbi, instructing as if he considered himself an expert.

But they knew who he was. They knew his family. They knew his father's carpenter's shop. He was an ordinary Nazarene, one of their own. So where did he get all this wisdom? How could he talk with such authority? Who did he think he was, anyway, to come home, acting like some big shot?

So they wouldn't – couldn't – accept him. They saw him only as the boy next door. Filled with envy and incredulity, they refused to see who he really was.

His neighbours should have known that God was working through Jesus in a special way, that there was something unique and different about this extraordinary young man. But familiarity breeds contempt. They couldn't see past their expectations and prejudices. They were unable to see God's presence in the ordinary and the familiar. Jesus had no choice but to walk away. ■

**REFLECT**

One of the success stories of the 2010s was the taxi firm Uber. Founded in California in 2009, the ride-sharing start-up, with its user-friendly app and cheap fares, was a darling of the tech industry with a huge valuation on Wall Street.

In December 2016, a software engineer called Susan Fowler quit her job at Uber. Early the following year, she wrote an explosive blog about her time with the firm. She described how she was harassed at Uber, starting with her first day on a new team. When she complained, her bosses ignored her or tried to intimidate her. Fowler's allegations exposed a widespread culture of harassment at Uber. Its chief executive was forced to resign, its value fell, and the broader tech industry had to confront its woeful history of discrimination against women and minorities.

Susan Fowler helped ignite the MeToo movement, which highlights sexual harassment of women in the workplace. The culture of abuse of power and white male supremacy is so pervasive that

many people are unable or unwilling to see it. Some months ago, the head of the United Nations declared that gender inequality and discrimination against women is the "one overwhelming injustice across the globe – an abuse that is crying out for attention. Everywhere women are worse off than men, simply because they are women." Women are far more likely to be sexually assaulted, discriminated against, or aborted, simply because of their gender. A glaring injustice that many ignore or refuse to see.

At Uber, many people saw the way Susan Fowler was treated but they looked away. They refused to see. They didn't want to be involved. It can happen with us too. Even with perfectly good eyes, we can fail to see, or be oblivious to, so much of what is happening around us. We can be blind.

Blindness takes many forms. We can be so busy today that we simply don't have time to step back, look around, take note. Busyness prevents us from taking a closer look.

**SAY**

"Deepen my faith, Lord.  
Keep me always faithful to  
you. Amen."

**DO**

Make a conscious effort to be more alert to what is happening around you. Are there any ways in which you are blind?

**LEARN**

To be a prophet is to witness to the Gospel at all times.

Being a prophet is part and parcel of being a Christian.

The Christian is always tuned in to the signs of the times.

**PRAY**

Pray for the courage to oppose wrongdoing or discrimination wherever you see it. Pray for the courage to witness to the Good News without fear as Jesus did.

We can be so caught up in the regular routine of life, so stuck in our ways, that we fail to notice the signs of the times. Oblivious to the Holy Spirit at work in us and around us, we end up blinkered.

Or, like Jesus' townspeople, we can stubbornly refuse to see what is happening right in front of us, refuse to accept the evidence of our eyes – such as the opioid crisis, for example, or the problem of homelessness, or the family member or colleague in distress. Or the judgemental way we look down on the newcomer, the foreigner, the refugee.

We can refuse to acknowledge the challenges confronting our Church or claim they are none of our business.

Sometimes it's easier to be wilfully blind rather than face up to reality, to stay in the darkness rather than see with new eyes. But the Christian is called to see as Jesus sees and then always to respond, with courage, conviction and love. ■

**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,  
God, for ever and ever.  
Amen.

**FIRST READING**

Amos 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.  
Thanks be to God.

**PSALM**

Psalm 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** Ephesians 1:3-14

(For shorter form read between &gt; &lt;)

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 all 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.<  
Thanks be to God.

**GOSPEL ACCLAMATION**

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

**GOSPEL**

Mark 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.

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**

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.  
Through Christ our Lord.  
Amen.

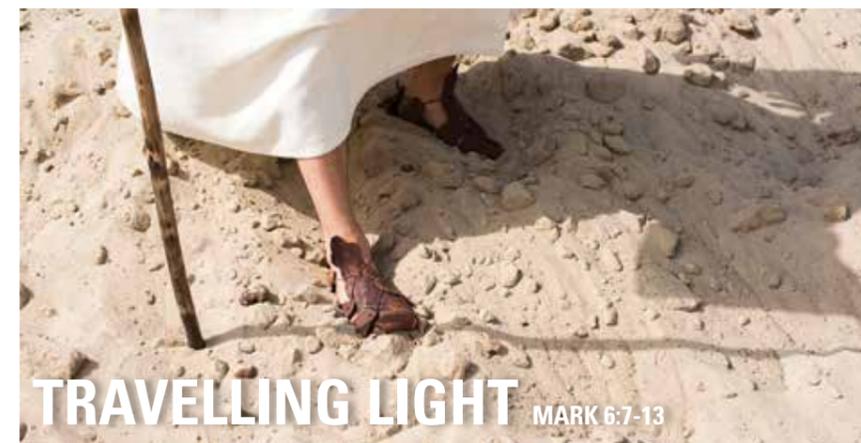
**COMMUNION ANTIPHON**

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.  
Through Christ our Lord.  
Amen.

**THE WORD****TRAVELLING LIGHT** MARK 6:7-13

In today's Gospel, Jesus begins to share his mission with his twelve  
closest followers. Jesus has already chosen them to work with him.

Now he puts them to work, sending them out "two by two" armed with his authority to  
confront the power of evil. He instructs them to travel light. This means no bread, because  
food will be provided by others' hospitality. It means no (sleeping) bag, as lodging will be  
provided. It means no money, for they will be looked after. They can bring a staff, sandals  
and a single tunic because they will be continually on the move.

This text reminds us that the earliest Christian missionaries travelled light and set  
themselves apart from the wandering preachers of other religions, who brought lots of  
baggage with them. Mark is saying something important as he records these very specific  
instructions of Jesus. Jesus is on an urgent missionary journey. The staff and the sandals  
are the symbols of that journey and so these are appropriate for those who share in his  
mission. Any other baggage, especially that which might weigh them down and slow their  
progress, is not permitted.

Jesus also instructs them about where they are to stay. The issue here is the integrity of  
the Gospel. If they arrive in a place and then move from house to house seeking better  
lodging, nicer food or more friendly company, this would be a counter-witness to the  
Gospel. If they encounter lack of hospitality they are to move on from the village. This is  
exactly what Jesus did when he was rejected by the people of his own village of Nazareth.  
Jesus even tells them to shake the dust of such places from their feet. Jews returning to  
the Holy Land would perform this ritual as they left pagan territory so as not to import  
"uncleaness" with them. It symbolised the godlessness of the pagan land and the  
holiness of Israel. The Twelve, in performing the same gesture, relegate to the godless  
world those inhospitable places that have rejected the Gospel. In this way the Twelve  
proclaim the Gospel as Jesus does, with integrity of word and deed.

After receiving their instructions, they set out and their mission is successful. Mark adds  
some important details. The preaching of the Twelve is so that all should repent, which  
is the key missionary goal of Jesus. The Twelve also heal sick people, something Jesus  
has done many times before. Mark adds that they anoint sick people with oil. This was a  
widespread practice in the Greek world by the time Mark's Gospel was written and now  
becomes part of the practice of the Christian Church.

Ironically, the mission of the Twelve is more successful than Jesus' own mission in  
Nazareth. Yet the Twelve are missionary only to the extent that they are with Jesus,  
recognise that his authority has been given to them, and travel light. At all times they  
remain his followers. ■

**SAY**

"Lord, help me to be an  
effective witness to you  
today and always. Amen."

**PRAY**

Thank God for missionaries, those who have  
left home and travelled light, in order to  
preach the Good News. Pray for those who  
give of themselves generously for the sake  
of the Gospel.

**REFLECT**

We know the value of travelling  
light. Budget-cost airlines  
like Ryanair encourage  
passengers to travel light. There is a  
penalty for excess luggage. Having one  
carry-on bag is not only less expensive,  
it also speeds up your journey. You  
don't have to wait at a slow-moving  
conveyor belt to claim your baggage.  
Airport security is easier to deal with.  
Travelling light, if we can, is the wise  
thing to do.

Today's Gospel points to something  
fundamental about the Church: it is  
most successful when it travels light  
and discards any baggage which gets  
in the way of its mission.

Since the time of Jesus there have  
been periods when the Church has  
travelled light and has been truly  
prophetic in proclaiming the Gospel.  
Think of missionaries who brought the  
bare necessities with them when going  
on long journeys to remote places.  
Think of all those Christians, lay and  
religious, who have chosen to live  
simple, frugal lives in order to witness  
to the Gospel.

There have been other times when,  
weighed down with wealth, power  
and a preoccupation with status, the  
Church has not travelled light and  
has failed the Gospel. Pope Francis  
has constantly called on Catholics to  
live simple lives in order to be a poor  
Church for those who are poor.

We can only hope that the crisis our  
Church has been going through in  
recent years will lead it to discard  
anything that gets in the way of Jesus'  
mission, so that the Gospel may be  
proclaimed anew with prophetic  
courage and integrity. ■

**LEARN**

As followers of Jesus, we all have a mission  
to preach the Gospel.

We can preach the Gospel wherever we live  
and work.

A preoccupation with wealth, status or  
power gets in the way of the Gospel.

**DO**

Think about your attitude to material things.  
How light do you travel?

**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,  
God, for ever and ever.  
Amen.

**FIRST READING** Jeremiah 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  
to 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.  
Thanks be to God.

**PSALM**

Psalm 22

Response:

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

- 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.)
- 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.)
- 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.)
- 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** Ephesians 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.  
Thanks be to God.

**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** Mark 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.  
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 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.  
Through Christ our Lord.  
Amen.

**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.  
Through Christ our Lord.  
Amen.

**THE WORD**

Today's Gospel describes the return of the Twelve whom Jesus sent out on mission. After they return, Jesus suggests they go away to a deserted place to recover, reflect and pray. Time apart in a deserted place will help the Twelve to understand more fully the mission they now share with him.

So Jesus and his disciples set out across the Sea of Galilee by boat. But the plan fails spectacularly. Seeing the boat, people recognise who the passengers are and race around the lake to meet Jesus and the disciples when they reach land. Mark says that the people came “from every town” around the lake. This is his way of letting us know just how popular Jesus was.

Mark says that Jesus “took pity on them”. In Greek the text reads that “he was moved with compassion for them in his inward parts”. In the Hebrew way of associating feelings to parts of the body, compassion was always associated with the womb. In the case of men, it was the intestine. While that may seem strange to us, it means that when Jesus sees the people gathered, he has such compassion for them that he feels it in the pit of his stomach. It's a really strong statement of the degree of feeling Jesus has for the people.

His reason for such a strong feeling is that the people “were like sheep without a shepherd”. This phrase is used in the Old Testament to describe the people of Israel whenever they suffered from failed or negligent leadership. But Jesus will not fail and he will not neglect God's people. He will be the true shepherd. ■

**REFLECT**

Care for people who were poor and oppressed was central to Jesus' life and ministry. He identified with them. He was born in poverty in an obscure town of a colonised country. He mixed with those on the margins – sinners, prostitutes, sick people, outcasts – to stress that nobody was excluded from God's love. He washed feet, a demeaning task reserved for servants and slaves. He died a failure. All Jesus said and did pointed to a new way of living in accord with God's vision of a kingdom of justice, love and peace. To act justly is key to Jesus' vision.

It's unfortunate that Catholics and non-Catholics alike tend to be more familiar with what the Church teaches about sex

than with what it teaches about social justice. But the Church has formulated a wonderful body of teaching on social justice, stretching back to Pope Leo XIII's encyclical *Rerum Novarum* in 1891. This teaching embraces issues from workers' rights to the dangers of unregulated capitalism, from care for the politically and economically oppressed to opposition to capital punishment. In 2015, Pope Francis published the first papal encyclical devoted to the environment, *Laudato Si'*, placing care for the earth as a central tenet of the Church's mission.

The biblical emphasis on God's care for the poor and for all creation is the basis for the Church's focus on social issues and for its pro-life stance. In

**SAY**

“Lord, help me to be  
compassionate as you are  
compassionate. Amen.”

**PRAY**

The biblical phrase “like sheep without a shepherd” describes those suffering from ineffective or defective leadership. Pray for those in authority in our Church, that they will be the kind of leaders we need.

**LEARN**

The Church teaches that action for justice is a constitutive part of living the Gospel. It is integral to the Christian way of life. Sharing God's vision, we confront injustice wherever we encounter it. We defend those who are poor and voiceless. We always work for the good of all.

**DO**

Visit (or FaceTime) someone who is sick this week, or in need of a kind word or support.



his letter *Gaudete et Exsultate*, Pope Francis stresses the need to protect the unborn. He goes on to say: “Equally sacred, however, are the lives of the poor, those already born, the destitute, the abandoned and the underprivileged, the vulnerable infirm and elderly exposed to covert euthanasia, the victims of human trafficking, new forms of slavery, and every form of rejection.” What Pope Francis is saying is that God's justice and compassion extends from womb to tomb. Jesus ached with compassion for all who suffered. Following the example of Jesus, the Good Shepherd, we also look with compassion on those who need our help. We seek to ease their burdens. ■

**ENTRANCE ANTIPHON**

God is in his holy place,  
God who unites those who dwell in his  
house;  
he himself gives might and strength to his  
people.

**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, protector of those who hope in you,  
without whom nothing has firm foundation,  
nothing is holy,  
bestow in abundance your mercy upon us  
and grant that, with you as our ruler and  
guide,  
we may use the good things that pass  
in such a way as to hold fast even now  
to those that ever endure.  
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 Kings 4:42-44

A reading from the second book of Kings.  
A man came from Baal-shalishah, bringing  
Elisha, the man of God, bread from the first-  
fruits, twenty barley loaves and fresh grain in  
the ear. "Give it to the people to eat," Elisha  
said. But his servant replied, "How can I  
serve this to a hundred men?" "Give it to the  
people to eat" he insisted "for the Lord says  
this, 'They will eat and have some left over.'"  
He served them; they ate and had some over,  
as the Lord had said.

The word of the Lord.  
Thanks be to God.

**PSALM** Psalm 144

Response:

You open wide your hand, O Lord,  
and grant our desires.

- All your creatures shall thank you,  
O Lord,  
and your friends shall repeat their  
blessing.  
They shall speak of the glory of your  
reign  
and declare your might, O God. (R.)

- The eyes of all creatures look to you  
and you give them their food in due time.  
You open wide your hand,  
grant the desires of all who live. (R.)

- The Lord is just in all his ways  
and loving in all his deeds.  
He is close to all who call him,  
who call on him from their hearts. (R.)

**SECOND READING** Ephesians 4:1-6

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

I, the prisoner in the Lord, implore you to  
lead a life worthy of your vocation. Bear  
with one another charitably, in complete  
selflessness, gentleness and patience. Do all  
you can to preserve the unity of the Spirit  
by the peace that binds you together. There  
is one Body, one Spirit, just as you were all  
called into one and the same hope when you  
were called. There is one Lord, one faith, one  
baptism, and one God who is Father of all,  
through all and within all.

The word of the Lord.  
Thanks be to God.

**GOSPEL ACCLAMATION**

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

**GOSPEL** John 6:1-15

A reading from the holy Gospel according to  
John.

Jesus went off to the other side of the Sea  
of Galilee – or of Tiberias – and a large  
crowd followed him, impressed by the signs  
he gave by curing the sick. Jesus climbed  
the hillside, and sat down there with his  
disciples. It was shortly before the Jewish  
feast of Passover.

Looking up, Jesus saw the crowds  
approaching and said to Philip, "Where can  
we buy some bread for these people to eat?"  
He only said this to test Philip; he himself  
knew exactly what he was going to do. Philip  
answered, "Two hundred denarii would only  
buy enough to give them a small piece each."  
One of his disciples, Andrew, Simon Peter's  
brother, said, "There is a small boy here with  
five barley loaves and two fish; but what is  
that between so many?" Jesus said to them,  
"Make the people sit down." There was  
plenty of grass there, and as many as five  
thousand men sat down. Then Jesus took the  
loaves, gave thanks, and gave them out to all  
who were sitting ready; he then did the same  
with the fish, giving out as much as was  
wanted. When they had eaten enough he said  
to the disciples, "Pick up the pieces left over,  
so that nothing gets wasted." So they picked  
them up, and filled twelve hampers with  
scraps left over from the meal of five barley  
loaves. The people, seeing this sign that he  
had given, said, "This really is the prophet  
who is to come into the world." Jesus, who  
could see they were about to come and take  
him by force and make him king, escaped  
back to the hills by himself.

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**

Accept, O Lord, we pray, the offerings  
which we bring from the abundance of your  
gifts,  
that through the powerful working of your  
grace  
these most sacred mysteries may sanctify our  
present way of life  
and lead us to eternal gladness.  
Amen.

**COMMUNION ANTIPHON**

Bless the Lord, O my soul,  
and never forget all his benefits.

**PRAYER AFTER COMMUNION**

We have consumed, O Lord, this divine  
Sacrament,  
the perpetual memorial of the Passion of  
your Son;  
grant, we pray, that this gift,  
which he himself gave us with love beyond  
all telling,  
may profit us for salvation.  
Through Christ our Lord.  
Amen.

**THE WORD****SHARING IS CARING**

JOHN 6:1-15

Today, and for the next four Sundays, we read from the famous bread of life chapter in the Gospel of John (6:1-69). Today's text is John's account of the feeding of at least five thousand people.

Jesus is on the shore of the Sea of Galilee. The people have gathered because they have seen him work a healing miracle or "sign", as John likes to call such miracles. Jesus retreats with his disciples to a mountain.

When Jesus sees the crowd approaching, he senses that they are hungry and asks Philip where they could buy food. He is testing Philip. Jesus knows exactly what he is going to do, but he wants to see if Philip knows. Philip does not know, nor does the other disciple, Andrew. They fail to understand that Jesus is the one who will satisfy the people's hunger.

Philip and Andrew try to come up with practical but conventional solutions. There are five thousand men present, not counting women and children. According to Philip, there isn't enough money to feed such a crowd. All Andrew can come up with are the five loaves and two small fish that are offered by a little boy. Conventional solutions will not feed the people; only Jesus can feed them. Jesus then works the miracle.

Notice something very important in John's account. It is Jesus himself who shares the food with the people, not the disciples. He is the source of the gift for these hungry people. The miracle produces so much food that twelve baskets of leftovers are gathered.

As always, the people are ecstatic about the miracle. They identify Jesus as a prophet and want to make him king. But Jesus is cautious about such enthusiasm based on his miracles or signs. He is truly a king, though not in the way the people think. His response is to withdraw by himself to the mountain. He will not be their earthly kind of king. ■

**DO**

Listen carefully to the words of consecration  
at Mass, during which the bread and wine  
are changed into the body and blood of our  
saviour.

**SAY**

"Lord, help me to realise  
that we are not solitary  
beings but are called into  
relationship with you and  
with one another. Amen."

**LEARN**

In Jesus, God's power is at work.

Individualism is not a Christian value.

Jesus is the bread of life, who satisfies our  
deepest needs.

For the Christian, power and authority are  
about service.

**PRAY**

Pray for a deeper understanding of the gift of  
the Eucharist. Ask the Lord to increase your  
faith.

**REFLECT**

Our culture today places huge  
emphasis on the individual.  
There's a "rugged individualism"  
type of mentality around. We're inclined  
to focus solely or mainly on our own  
needs, our individual rights, our  
individual entitlements. Think of how  
some people have refused to respect  
the advice of health officials during the  
COVID-19 lockdown, how they put their  
own selfish needs above the welfare of  
the community.

The same can apply to our religion. We  
can reduce our religious practice to a  
private affair, as if it has nothing to do  
with our obligations to our sisters and  
brothers.

This blindness in our culture is the  
opposite of Jesus' vision of things.  
Jesus was totally other-centred.  
Food, friendship and togetherness  
were at the heart of his ministry. He  
had compassion for those who were  
hungry, as today's Gospel shows.  
The meal practice of Jesus and our  
celebration of the Eucharist tell us  
that we are a community first, that we  
belong together.

The feeding of the five thousand may  
have been due to some miraculous  
multiplying of food. But the real  
miracle may have been far simpler. It  
may have been that, even though the  
amount of food appeared small, there  
was sufficient for everybody when  
everybody shared. By his willingness  
to share what he had, the little boy in  
the Gospel story encouraged others in  
the crowd to share what they had. His  
display of generosity inspired those  
around him to be generous also. And  
when everybody shared what they  
had, there was more than enough to  
go around.

Our world produces enough food to  
feel everybody adequately. Our planet  
generates enough wealth to ensure  
that everyone has a decent standard  
of living. If only we were better at  
sharing.

The Eucharist is a foretaste of the  
heavenly feast in which we hope to  
share. It's a reminder that everything  
we have is given to us as a gift. As the  
little boy demonstrated, if we rely on  
each other, if we are willing to share, if  
we have Jesus' vision, then we will not  
only survive but thrive. ■