

**ENTRANCE ANTIPHON**

He fed them with the finest wheat  
and satisfied them with honey from the rock.

**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 this wonderful Sacrament  
have left us a memorial of your Passion,  
grant us, we pray,  
so to revere the sacred mysteries of your  
Body and Blood  
that we may always experience in ourselves  
the fruits of your redemption.  
Who live and reign with God the Father  
in the unity of the Holy Spirit,  
God, for ever and ever.  
Amen.

**FIRST READING**

Exodus 24:3-8

A reading from the book of Exodus.

Moses went and told the people all the  
commands of the Lord and all the ordinances.  
In answer, all the people said with one  
voice, "We will observe all the commands  
that the Lord has decreed." Moses put all  
the commands of the Lord into writing, and  
early next morning he built an altar at the  
foot of the mountain, with twelve standing-  
stones for the twelve tribes of Israel. Then  
he directed certain young Israelites to offer  
holocausts and to immolate bullocks to the  
Lord as communion sacrifices. Half of the  
blood Moses took up and put into basins,  
the other half he cast on the altar. And taking  
the Book of the Covenant he read it to the  
listening people, and they said, "We will  
observe all that the Lord has decreed; we will  
obey." Then Moses took the blood and cast  
it towards the people. "This" he said "is the  
blood of the Covenant that the Lord has made  
with you, containing all these rules."

The word of the Lord.

Thanks be to God.

**PSALM**

Psalm 115

Response:

The cup of salvation I will raise;  
I will call on the Lord's name.

or

Alleluia!

1. How can I repay the Lord  
for his goodness to me?  
The cup of salvation I will raise;  
I will call on the Lord's name. (R.)

2. O precious in the eyes of the Lord  
is the death of his faithful.  
Your servant, Lord, your servant am I;  
you have loosened my bonds. (R.)

3. A thanksgiving sacrifice I make:  
I will call on the Lord's name.  
My vows to the Lord I will fulfil  
before all his people. (R.)

**SECOND READING**

Hebrews 9:11-15

A reading from the letter to the Hebrews.

Now Christ has come, as the high priest of  
all the blessings which were to come. He  
has passed through the greater, the more  
perfect tent, which is better than one made by  
men's hands because it is not of this created  
order; and he has entered the sanctuary once  
and for all, taking with him not the blood of  
goats and bull calves, but his own blood,  
having won an eternal redemption for us.  
The blood of goats and bulls and the ashes  
of a heifer are sprinkled on those who have  
incurred defilement and they restore the  
holiness of their outward lives; how much  
more effectively the blood of Christ, who  
offered himself as the perfect sacrifice to  
God through the eternal Spirit, can purify our  
inner self from dead actions so that we do our  
service to the living God.

He brings a new covenant, as the mediator,  
only so that the people who were called to an  
eternal inheritance may actually receive what  
was promised: his death took place to cancel  
the sins that infringed the earlier covenant.

The word of the Lord.

Thanks be to God.

**GOSPEL ACCLAMATION**

Alleluia, alleluia!

I am the living bread which has come down  
from heaven,  
says the Lord.

Anyone who eats this bread will live for ever.  
Alleluia!

**GOSPEL**

Mark 14:12-16. 22-26

A reading from the holy Gospel according to  
Mark.

On the first day of Unleavened Bread,  
when the Passover lamb was sacrificed, his  
disciples said to Jesus, "Where do you want  
us to go and make the preparations for you  
to eat the passover?" So he sent two of his  
disciples, saying to them, "Go into the city  
and you will meet a man carrying a pitcher  
of water. Follow him, and say to the owner  
of the house which he enters, 'The Master  
says: Where is my dining room in which I can  
eat the passover with my disciples?' He will  
show you a large upper room furnished with  
couches, all prepared. Make the preparations  
for us there." The disciples set out and went  
to the city and found everything as he had  
told them, and prepared the passover.

And as they were eating he took some  
bread, and when he had said the blessing  
he broke it and gave it to them. "Take it," he  
said "this is my body." Then he took a cup,  
and when he had returned thanks he gave  
it to them, and all drank from it, and he said  
to them, "This is my blood, the blood of the

covenant, which is to be poured out for many.  
I tell you solemnly, I shall not drink any more  
wine until the day I drink the new wine in the  
kingdom of God."

After psalms had been sung they left for the  
Mount of Olives.

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**

Grant your Church, O Lord, we pray,  
the gifts of unity and peace,  
whose signs are to be seen in mystery  
in the offerings we here present.  
Through Christ our Lord.  
Amen.

**COMMUNION ANTIPHON**

Whoever eats my flesh and drinks my blood  
remains in me and I in him, says the Lord.

**PRAYER AFTER COMMUNION**

Grant, O Lord, we pray,  
that we may delight for all eternity  
in that share in your divine life,  
which is foreshadowed in the present age  
by our reception of your precious Body and  
Blood.  
Who live and reign for ever and ever.  
Amen.

**THE WORD**

Year B • Psalter Week 2

**DO THIS IN MEMORY**

MARK 14:12-16. 22-26



The Last Supper masterpiece by Leonardo da Vinci in Convent of Santa Maria delle Grazie, Milan, Italy

At the Last Supper, Jesus spoke particular words. He declared bread to be his body, wine to be his blood.

The bread, he said, is his body "given up for you" and the cup of the new covenant is his blood "poured out for you". Jesus gave his life once and for all as a sacrifice for us. And he told us to gather "in memory of me". Which is what Christians have been doing ever since.

The feast of the Most Holy Body and Blood of Christ invites us to reflect on the wonderful gift of the Eucharist. It is first and foremost a celebration during which God nourishes us with God's own life. It is a memorial, not only of the redemptive suffering and death of Jesus, but of his entire life of self-emptying love. In sharing the one bread and drinking the one cup, we pledge to imitate him, who can never be repaid.

In the Eucharist, we gather in the shadow of the cross to give thanks for the death and resurrection of Jesus which has saved us from death. We gather in response to the command of Jesus to "Do this in memory of me". We gather knowing that the sacrifice required of us is no less than that of our very selves. ■

**REFLECT**

For Christians, one of the most painful consequences of the COVID-19 crisis was the closure of churches. People could not gather for public worship, except in tiny numbers for funerals and weddings. But, thanks to modern communications technology, people could still participate in online liturgies, and they did. Parishes were transformed into not just local but global virtual communities, with participants tuning in from far and near. By the end of the first period of lockdown, many parishes and local churches had built up substantial online congregations. New possibilities for evangelisation were opened up, priests and people saw the potential offered by communications technology in a way they never had before. It is good news for the Church going forward.

But while Catholics were delighted to be able to tune in online to a liturgy that suited them, there was one crucial element of the celebration in which they could not take part: they could not receive the body and blood of Christ; they could not be physically nourished by his body and blood. For online participants, it was a major sacrifice, a keen loss.

It was a painful reminder of how precious it is to be able to receive the Eucharist in person and to never take that privilege for granted. It has been an opportunity for us to think about the importance of the Eucharist in our lives. It was only when they couldn't physically come to Mass that many Catholics realised just how much it means to them. The first time they were able to receive Holy Communion again was an emotional experience, a moment of joy, something to treasure.

It's how we should always approach the Eucharist, which is the source and summit of the life of the Church, and our food for life. ■

**SAY**

"Lord, you nourish me with  
the bread of life. Help me to  
share that love with those  
who need it most. Amen.

**PRAY**

The Act of Spiritual Communion, written by  
St Alphonsus de Liguori, is a beautiful prayer  
for when it's not possible to receive the  
Eucharist in person:

My Jesus,  
I believe that you are present in the Most  
Holy Sacrament.  
I love you above all things,  
and I desire to receive you into my soul.  
Since I cannot at this moment receive you  
sacramentally,  
come at least spiritually into my heart.  
I embrace you as if you were already there  
and unite myself wholly to you.  
Never permit me to be separated from you.  
Amen.

**LEARN**

Eucharist comes from the Greek word  
*Eucharistia*, which means "thanksgiving".  
Every time we celebrate the Eucharist we  
give thanks to God for all that God has done  
for us.

Vatican II teaches us that the Eucharist is  
the source and the summit of the life of the  
Church.

The Eucharist is a commemorative meal at  
which Jesus' death is remembered.

The body of Christ is our soul-nourishing  
food, the bread that gives us life.

**DO**

Make an effort to visit the Blessed Sacrament  
whenever you are passing a church.



# 13 JUNE 2021 Sunday Message 11<sup>TH</sup> SUNDAY IN ORDINARY TIME

## THE WORD

Year B • Psalter Week 3

### ENTRANCE ANTIPHON

O Lord, hear my voice, for I have called to you; be my help.  
Do not abandon or forsake me, O God, my Saviour!

### 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, strength of those who hope in you,  
graciously hear our pleas,  
and, since without you mortal frailty can do nothing,  
grant us always the help of your grace,  
that in following your commands  
we may please you by our resolve and our deeds.  
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 17:22-24

A reading from the prophet Ezekiel.  
The Lord says this:  
"From the top of the cedar,  
from the highest branch I will take a shoot  
and plant it myself on a very high mountain.  
I will plant it on the high mountain of Israel.  
It will sprout branches and bear fruit,  
and become a noble cedar.  
Every kind of bird will live beneath it,  
every winged creature rest in the shade of  
its branches.  
And every tree of the field will learn that I,  
the Lord, am the one  
who stunts tall trees and makes the low  
ones grow,  
who withers green trees and makes the  
withered green.  
I, the Lord, have spoken, and I will do it."  
The word of the Lord.  
Thanks be to God.

### PSALM Psalm 91

Response:  
It is good to give you thanks, O Lord.

1. It is good to give thanks to the Lord  
to make music to your name, O Most  
High,

to proclaim your love in the morning  
and your truth in the watches of the  
night. (R.)

2. The just will flourish like the palm-tree  
and grow like a Lebanon cedar. (R.)
3. Planted in the house of the Lord  
they will flourish in the courts of our God,  
still bearing fruit when they are old,  
still full of sap, still green,  
to proclaim that the Lord is just.  
In him, my rock, there is no wrong. (R.)

### SECOND READING 2 Corinthians 5:6-10

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

We are always full of confidence, when we  
remember that to live in the body means  
to be exiled from the Lord, going as we do  
by faith and not by sight – we are full of  
confidence, I say, and actually want to be  
exiled from the body and make our home  
with the Lord. Whether we are living in the  
body or exiled from it, we are intent on  
pleasing him. For all the truth about us will  
be brought out in the law court of Christ, and  
each of us will get what he deserves for the  
things he did in the body, good or bad.

The word of the Lord.  
Thanks be to God.

### GOSPEL ACCLAMATION

Alleluia, alleluia!  
The seed is the word of God, Christ the  
sower;  
whoever finds the seed will remain for ever.  
Alleluia!

### GOSPEL Mark 4:26-34

A reading from the holy Gospel according to  
Mark.

Jesus said to the crowds, "This is what the  
kingdom of God is like. A man throws seed  
on the land. Night and day, while he sleeps,  
when he is awake, the seed is sprouting and  
growing; how, he does not know. Of its own  
accord the land produces first the shoot, then  
the ear, then the full grain in the ear. And  
when the crop is ready, he loses no time: he  
starts to reap because the harvest has come."

He also said, "What can we say the  
kingdom of God is like? What parable can  
we find for it? It is like a mustard seed which  
at the time of its sowing in the soil is the  
smallest of all the seeds on earth; yet once  
it is sown it grows into the biggest shrub of  
them all and puts out big branches so that  
the birds of the air can shelter in its shade."

Using many parables like these, he spoke  
the word to them, so far as they were capable  
of understanding it. He would not speak to  
them except in parables, but he explained  
everything to his disciples when they were  
alone.

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 offerings presented here  
provide for the twofold needs of human  
nature,  
nourishing us with food  
and renewing us with your Sacrament,  
grant, we pray,  
that the sustenance they provide  
may not fail us in body or in spirit.  
Amen.

### COMMUNION ANTIPHON

There is one thing I ask of the Lord, only this  
do I seek:  
to live in the house of the Lord all the days  
of my life.

### PRAYER AFTER COMMUNION

As this reception of your Holy Communion,  
O Lord,  
foreshadows the union of the faithful in you,  
so may it bring about unity in your Church.  
Through Christ our Lord.  
Amen.

Behold O kind and most sweet Jesus, I  
cast myself upon my knees in your sight  
while with deep affection and grief of soul  
I mentally contemplate your five most  
precious wounds, having before my eyes the  
words that David the prophet spoke about  
you, most sweet Jesus: "They have pierced  
my hands and feet, and I can count every one  
of my bones."

Traditional "Prayer before a Crucifix" to be  
said after Communion

## FROM SMALL BEGINNINGS

MARK 4:26-34



Their future doesn't look very promising. After all, Jesus and his followers are just a small group of people in a little corner of Palestine, with few friends among the religious leaders and those in authority, and with a message that doesn't seem to be reaching very far.

So Jesus tries to get the disciples to imagine what the kingdom of God will be like. He uses images, little stories or parables, to paint a picture of God's kingdom and its future growth. His listeners know that the mustard seed is tiny, yet Jesus tells them that from the smallest of seeds comes a tree so large that birds can nest in it. The kingdom of God is like that mustard seed, he says.

A second image, which Jesus uses elsewhere, makes the same point. The kingdom of God is like the yeast a woman mixes in with flour. A small amount of yeast has a huge effect – it can produce bread for a lot of people. The kingdom of God is like yeast, Jesus tells them.

The message is clear: the kingdom of God may have small, unimpressive beginnings, but like the mustard seed and the yeast, it will grow into something big and have an effect out of all proportion to its humble start. ■

### SAY

"Lord, help me to hasten the flowering of God's kingdom of justice, peace and love by being a seed, a leaven, in the life of my Church and my community. Amen."

### LEARN

The word of God is something alive and active.

All our prayers and good works, no matter how seemingly small, help God's kingdom to flourish.

### PRAY

Pray for missionaries and all who work to sow the seeds of God's kingdom throughout the world. Pray that you also will be an effective missionary of the Gospel.

### REFLECT

These are challenging times for the Church in the West. We know the statistics; we can see with our own eyes how church attendance is falling even as the average age of priests and religious is increasing. The COVID-19 lockdowns of the last eighteen months have made matters worse. It is easy to feel down and demoralised.

It can seem like the yeast has lost its power, that the mustard seed is desiccating. We can be tempted to think that the promise Jesus made is not being fulfilled, and that, far from expanding, the kingdom of God is contracting and even dying.

That is why it's so important to hold fast to the promise Jesus made to his disciples, and that he makes to us too. Jesus assures us that the kingdom of God will flourish because it is God's will that it flourishes. And we are called to trust in Jesus. We trust in Jesus by putting our trust in small things and in God's grace.

The Holy Spirit is alive and active. Lots of small things are happening out there that are enabling the kingdom to grow. Many Catholics are looking seriously at what it means to be Church. They know the Church isn't made up just of bishops, priests and religious but of all the people of God. They are thinking about what needs to be done to help promote renewal and new life in the Church, how they can be a seed or a leaven in the lives of others and of their parish community. Just as the kingdom of God grew out of small things, they know that the little things we do, the little acts of love we show, even if they appear insignificant in isolation, can grow into something wonderful. ■

### DO

Think about those who have been a seed, a leaven, in your life, those family members or others who shaped and inspired you to become the person you are. How can you be a seed, a leaven, in the lives of others in these challenging times?

Think about those who feel excluded from or hurt by the Church. How can you be a mustard seed, a gram of yeast, in their lives that transforms and heals and builds up? What might you need to change in your thinking so as to help bring about real growth and transformation in the Church?

**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**

Job 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,  
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.

**Thanks be to God.**

**PSALM**

Psalm 106

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

**SECOND READING** 2 Corinthians 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**

Mark 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**

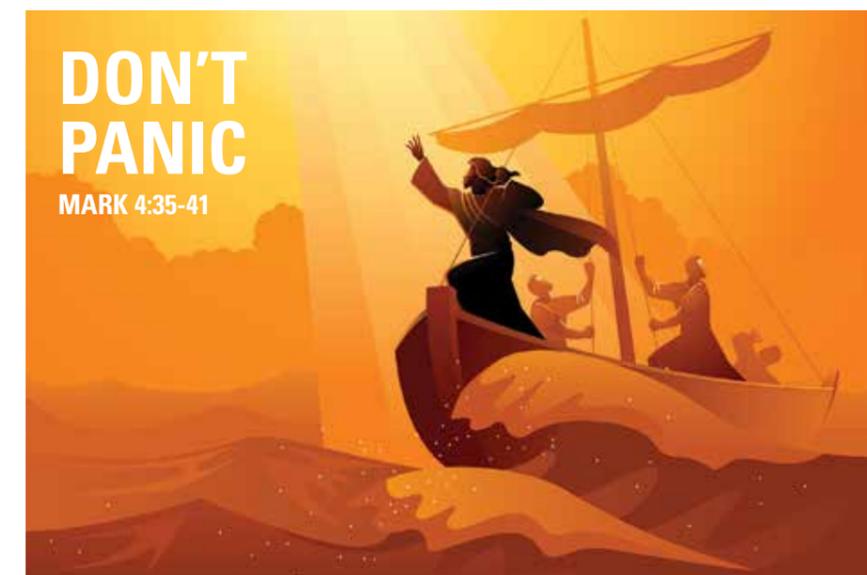
**The eyes of all look to you, Lord,  
and you give them their food in due season.**

**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.

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

**THE WORD**

Imagine the disciples' panic. There they are in the boat when a storm begins to rage. It's so bad the boat is in danger of sinking, and they are full of fear. All seems lost...

Meanwhile Jesus, there in the boat with them, is fast asleep. Mark gives us the little detail that "his head [was] on the cushion" – it almost seems like a personal reminiscence. In their fear and panic, the disciples wake him up: "Master, do you not care? We are going down!"

When Jesus wakes, first of all he tells the wind and the sea to "Be calm!" Immediately the wind drops and the waves become calm. Then he rebukes the disciples for their lack of faith. They are amazed. "Who can this be?" they ask each other.

For us, the message is clear: the boat represents the Church, and the disciples represent all believers, while the storm represents the difficulties and doubts the Church is facing. Only when they let go of fear and trust in him do the disciples recognise who Jesus truly is and his power to save them. Trust in Jesus can overcome all our fears. ■

**REFLECT**

Almost 33 years ago I began my career as a Redemptorist parish missionary. I gave missions throughout Ulster and north Leinster, and spoke from a lot of pulpits. I loved it. Churches were full, people were enthusiastic, the buzz was wonderful. In my sermons I lauded people for their centuries-long fidelity to the Church and encouraged them to do even better. While vocations and church attendance were beginning to fall, the future seemed bright. All appeared tranquil, at least on the surface. I had no idea of the violent storms that lay just ahead.

Then, suddenly, in the space of a few years, scandals and crises began to

engulf the Church and it found itself in the eye of a terrible unrelenting storm, waves crashing against it from every side. Revelations of sex abuse and other scandals shook people to the core. Catholics began to abandon the practice of the faith, while an aggressive secularism found new strength.

Preaching parish missions became more challenging. I had to rewrite my sermons. I felt seasick.

But the storm had been brewing for a long time. The Church had big problems long before the abuse scandals came along. It was too priest-centred and clerical. It failed to make use of the talents

**DO**

All kinds of storms can upset the equilibrium of our lives. Think about how you cope with major crises or setbacks. Do you deal with them constructively? Is there somebody you can turn to for support? Do you know anybody who might need your support right now?

**SAY**

**"Lord, help us to trust  
in you. Strengthen our  
faith so that we can speak  
your truth without fear.  
Amen."**

**PRAY**

Pray for the Pope and for all in authority in the Church. Ask the Holy Spirit to help them steer the Church with confidence and courage through the many storms it encounters.

**LEARN**

As Christians, we know that Jesus is with us in the midst of the storms in which we find ourselves. But he is more than with us; he calls on us to face those storms. What might facing the storms mean today? It means speaking truth to power in the Church and doing so in love. It means trusting totally in Jesus. It means letting go of fear. It means being ready to venture everything on Jesus' word.

of lay people. It didn't encourage an adult faith. It allowed a whole generation of young people to be lost. It was too complacent, too casual, too smug, rather like the crew of the *Titanic* on its maiden voyage. And so it was left shocked and stricken by the storm when it broke, just like the apostles in today's Gospel.

Jesus challenges us to face today's storms head-on, to place our faith and trust in him, knowing that with him we will be safe, but without him all will be lost. ■

**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** Wisdom 1:13-15; 2:23-24

A reading from the book of Wisdom.

Death was not God's doing,  
he takes no pleasure in the extinction of the  
living.

To be – for this he created all;  
the world's created things have health in  
them,  
in them no fatal poison can be found,  
and Hades holds no power on earth;  
for virtue is undying.  
Yet God did make man imperishable,  
he made him in the image of his own nature;  
it was the devil's envy that brought death into  
the world,  
as those who are his partners will discover.

The word of the Lord.  
Thanks be to God.

**PSALM**

Psalm 29

Response:

I will praise you, Lord, you have rescued me.

1. I will praise you, Lord, you have rescued  
me  
and have not let my enemies rejoice over  
me.  
O Lord, you have raised my soul from the  
dead,  
restored me to life from those who sink  
into the grave. (R.)

2. Sing psalms to the Lord, you who love  
him,  
give thanks to his holy name.

His anger lasts but a moment; his favour  
through life.  
At night there are tears, but joy comes  
with dawn. (R.)

3. The Lord listened and had pity.  
The Lord came to my help.  
For me you have changed my mourning  
into dancing.  
O Lord My God, I will thank you for ever.  
(R.)

**SECOND READING** 2 Corinthians 8:7, 9, 13-15

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

You always have the most of everything – of  
faith, of eloquence, of understanding, of  
keenness for any cause, and the biggest  
share of our affection – so we expect you  
to put the most into this work of mercy too.  
Remember how generous the Lord Jesus  
was; he was rich, but he became poor  
for your sake, to make you rich out of his  
poverty. This does not mean that to give  
relief to others you ought to make things  
difficult for yourselves: it is a question of  
balancing what happens to be your surplus  
now against their present need, and one day  
they may have something to spare that will  
supply your own need. That is how we strike  
a balance: as scripture says: The man who  
gathered much had none too much, the man  
who gathered little did not go short.

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 5:21-43

(For shorter form read between > <)

A reading from the holy Gospel according to  
Mark.

>When Jesus had crossed in the boat to the  
other side, a large crowd gathered round  
him and he stayed by the lakeside. Then one  
of the synagogue officials came up, Jairus  
by name, and seeing him, fell at his feet and  
pleaded with him earnestly, saying, "My little  
daughter is desperately sick. Do come and  
lay your hands on her to make her better and  
save her life." Jesus went with him and a  
large crowd followed him; they were pressing  
all round him.<

Now there was a woman who had suffered  
from a haemorrhage for twelve years; after  
long and painful treatment under various  
doctors, she had spent all she had without  
being any the better for it, in fact, she was  
getting worse. She had heard about Jesus,  
and she came up behind him through the  
crowd and touched his cloak. "If I can touch  
even his clothes," she had told herself "I  
shall be well again." And the source of the  
bleeding dried up instantly, and she felt in  
herself that she was cured of her complaint.  
Immediately aware that power had gone out  
from him Jesus turned round in the crowd  
and said, "Who touched my clothes?" His  
disciples said to him, "You see how the  
crowd is pressing round you and yet you  
say, 'Who touched me?'" But he continued  
to look all round to see who had done it.

Then the woman came forward, frightened  
and trembling because she knew what had  
happened to her, and she fell at his feet and  
told him the whole truth. "My daughter,"  
he said "your faith has restored you to  
health; go in peace and be free from your  
complaint."

While he was still speaking > some people  
arrived from the house of the synagogue  
official to say, "Your daughter is dead: why  
put the Master to any further trouble?" But  
Jesus had overheard this remark of theirs  
and he said to the official, "Do not be afraid;  
only have faith." And he allowed no one to  
go with him except Peter and James and  
John the brother of James. So they came  
to the official's house and Jesus noticed all  
the commotion, with people weeping and  
wailing unrestrainedly. He went in and said  
to them, "Why all this commotion and crying?  
The child is not dead, but asleep." But they  
laughed at him. So he turned them all out  
and, taking with him the child's father and  
mother and his own companions, he went  
into the place where the child lay. And taking  
the child by the hand he said to her, "Talitha,  
kum!" which means, "Little girl, I tell you  
to get up." The little girl got up at once and  
began to walk about, for she was twelve  
years old. At this they were overcome with  
astonishment, and he ordered them strictly  
not to let anyone know about it, and told  
them to give her something to eat.

The Gospel of the Lord.<  
Praise to you, Lord Jesus Christ.

**PROFESSION OF FAITH**

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,

(all bow during the next two lines)

who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the  
Father almighty;  
from there he will come to judge the living  
and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
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.

# 27 JUNE 2021 Sunday Message 13<sup>TH</sup> SUNDAY IN ORDINARY TIME

**THE WORD**

Year B • Psalter Week 1



The story of the cure of the woman with the haemorrhage takes place while Jesus is on his way to the house of Jairus, where he restores Jairus' daughter to life.

The woman with the haemorrhage is suffering unbelievably. She has been bleeding for twelve years. She has gone from one doctor to another, spending all her money on useless treatments. She is broke and desperate.

In Jesus' day, blood was considered to be a person's life-force. People who bled were avoided and isolated out of fear of ritual contamination. So, together with the haemorrhaging, the woman was socially isolated within her own community. She had no life and no future.

She has heard about Jesus and, summoning up her faith, she touches his clothes. She is cured instantly. She touches him and she is restored to health. Her life has been given back to her. ■

**REFLECT**

Jesus knew the importance of physical touch. Remember how the fever leaves Peter's mother-in-law as soon as Jesus touches her. His touch alone is sufficient.

Over and over again in the Gospels, the same story is repeated. Jesus meets someone who is ill or has a disability. He touches them, and their health is restored. The blind see, the crippled walk, haemorrhages are cured, even the dead are restored to life. All are made new again through the power of his healing touch.

Jesus' words alone would have done the job but he is tactile. Deliberately tactile. He knows how powerful and healing physical touch can be. Even to touch Jesus' clothes, as the woman with the haemorrhage does, is sufficient to be made whole again.

Jesus' use of the power of touch is an opportunity for us to reflect on how we touch others. It reminds us that we touch

each other in many different ways – not just physically, but through word and gesture also. It reminds us that touch can be positive or negative. It can build up or knock down; it can be constructive and life-enhancing or destructive and life-diminishing.

We can touch someone with a warm hug or embrace or we can touch someone with a slap or a blow or a beating. The statistics tell us that domestic violence and physical and sexual abuse are major problems in our society.

We can touch someone with a word of encouragement or gratitude or love. Or we can touch someone with a word of contempt or anger or abuse. We know that words have the power to wound as deeply as any physical assault. Bullying in schools and in the workplace is endemic, facilitated by social media platforms like Facebook and Twitter.

We can touch someone with a gesture that shows respect or appreciation or thanks. A thumbs-up, a smile, a nod. Or we can touch someone with a gesture that

**SAY**

"Lord, I thank you for the gift of faith. Help me to keep on believing and trusting in you. Amen."

**DO**

Think about how you touch those close to you – your family, friends, schoolmates, work colleagues. How healing is your touch? Embrace someone close to you today, let them feel the warmth of your love.

**LEARN**

Jesus' healing power can overcome all barriers that isolate and imprison us. Jairus was isolated by being part of the religious establishment that opposed Jesus. Yet his love for his daughter triggered within him the courage to cross that barrier and save his daughter. The haemorrhaging woman was isolated by her illness. Yet her desperation for a life in the community led her to touch Jesus in faith. Both were freed.

What are the barriers to freedom in your life? What might it mean for you to hear Jesus say to you today: "Do not fear; just keep on believing"?

shows anger or contempt or impatience. Think of the incidents of road rage or of the snarl of disapproval of someone who is perhaps socially inept or that we look down on.

Jesus' touch gave people life. All he said and did gave people life. He gives us life even now in the Eucharist and the sacraments.

And that's our challenge – to invite Jesus to touch and transform us, in the Eucharist, in the sacraments, in our life of prayer.

Our challenge also is to bring the gentle touch of Jesus to all whose lives touch ours. That all our acts of touch will be acts of love and tenderness and affection. That all the words we use will be gentle and encouraging and constructive. That all the gestures we make will be supportive and uplifting and positive. That all the ways in which we touch others will be life-enhancing and grace-filled, as Jesus' actions were. ■