

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.

PENITENTIAL ACT

You were sent to heal the contrite of heart: Lord, have mercy. **Lord, have mercy.**

You came to call sinners: Christ, have mercy. **Christ, have mercy.**

You are seated at the right hand of the Father to intercede for us:

Lord, have mercy. **Lord, have mercy.**
May almighty God have mercy on us.....



THE 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.

OPENING PRAYER

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....

LITURGY OF THE WORD

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.

RESPONSORIAL PSALM **Ps. 22**

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

1. 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)
2. He guides me along the right path; he is true to his name. If I should walk in the valley of darkness no evil will I fear. You are there with your crook and your staff; with these you give me comfort. (R)
3. 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)
4. 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.

NICENE CREED

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 for following 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.

LITURGY OF THE EUCHARIST

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

AFTER THE CONSECRATION

The mystery of faith.

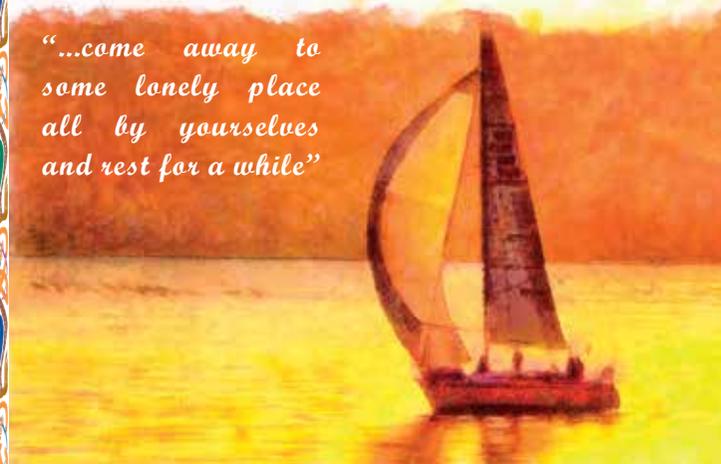
We proclaim your Death, O Lord, and profess your Resurrection until you come again.

focus on sunday

SIXTEENTH SUNDAY IN ORDINARY TIME 18th July 2021

The heart of Jesus is the "heart of compassion". He sees his people in need of his teaching and of his love, and so he gives us his word and his body and blood, food for mind, heart, soul and body.

"...come away to some lonely place all by yourselves and rest for a while"



A friend often said: 'Nothing is as enjoyable as a nap!' Most of us like a rest. Sit down at the end of a day's housework. Holidays are planned well in advance. We need time off to think, reflect, relate and pray. Jesus offers rest to his followers in today's gospel. The apostles would be drained and lost without time with him.

We can get lost in chasing transitory relationships, addictive travel, TV or other addictions. Facebook and twitter may take too much time. We can feel important because we are busy. The cult of money can take over from family life or marriage.

Jesus' invitation is to rest awhile with him. He does not say don't plan, don't spend time caring for family. But he wants time given to the better things of life. With him you can find yourself. He likes to be with you. It may be hard to believe that sometimes; that the Son of the God and of the universe has time for me, for you and everyone.

We need to give time to what is restful. The holiday that enhances friendship and health, the retreat day that refreshes the soul, the time given to friendship, love, music, art and other good things of life. Moments of prayer each day.

The place can be inside ourselves also. We could have a type of 'mantra' - a word, a prayer, a song that brings us to a quiet place in ourselves. A line of Scripture can do that for us or a favourite prayer, bringing us into the centre of being where we find the Creator of our being.

Donal Neary SJ, Editor, Sacred Heart Messenger.