

## SUNDAY MASS

### ENTRANCE ANTIPHON:

Turn your ear, O Lord, and answer me; save the servant who trusts in you, my God. Have mercy on me, O Lord, for I cry to you all the day long.

**FIRST READING:** Isaiah 22:19-23.

**RESPONSORIAL PSALM:** Psalm 138.

### RESPONSE:

O Lord, your merciful love is eternal; discard not the work of your hands.

1. I thank you, Lord, with all my heart; you have heard the words of my mouth. In the presence of the angels I praise you. I bow down towards your holy temple. *R*
2. I give thanks to your name for your merciful love and your faithfulness. You have exalted your name and your promise over all. On the day I called, you answered me; you increased the strength of my soul. *R*
3. The Lord is high, yet he looks on the lowly, and the haughty he knows from afar. O Lord, your merciful love is eternal; discard not the work of your hands. *R*

**SECOND READING:** Romans 11:33-36.

### GOSPEL ACCLAMATION:

Alleluia, alleluia! You are Peter, and on this rock I will build my Church, and the gates of Hades shall not prevail against it. Alleluia.

**GOSPEL:** Matthew 16:13-20

### COMMUNION ANTIPHON:

The earth is replete with the fruits of your work, O Lord; you bring forth bread from the earth, and wine to cheer the heart.

## THE WEEK AHEAD

# Live the Word

**Mon 28 Aug** St Augustine, BD

1 Thess 1:1-5.8-10; Psalm 149; Matthew 23:13-22

Today Jesus condemns hypocrisy. Hypocrisy is essentially saying one thing and doing another. It's a disconnect between what we say and what we do. Jesus encourages us to preach the gospel through our actions.

**Tue 29 Aug** Passion of St John the Baptist

Jeremiah 1:17-19; Psalm 71; Mark 6:17-29

Reflect upon the injustice inflicted upon both John and Jesus. Both of them did not run away from injustice – they embraced it. How do we approach and deal with injustices, upon ourselves and upon others?

**Wed 30 Aug** Liturgy of the Day

1 Thessalonians 2:9-13; Psalm 139; Matthew 23:27-32

When we become stuck in our sins then we need to allow Jesus to challenge us firmly, like he did the Pharisees. Emotion and passion can lead to sin, but it can also lead to repentance and conversion.

**Thu 31 Aug** Liturgy of the Day

1 Thessalonians 3:7-13; Psalm 90; Matthew 24:42-51

Clearly, by stating "Stay awake!" so emphatically, Jesus is also telling us that it is easy to fall asleep, spiritually speaking. Jesus calls us to be awake and attentive to his presence – to be present to Presence.

**Fri 1 Sep** Liturgy of the Day

1 Thessalonians 4:1-8; Psalm 97; Matthew 25:1-13

It is not enough to make the claim that we are Christians. We must also produce the good fruit of love, or charity, by our actions. Faith must result in real love, otherwise it is not true faith at all.

**Sat 2 Sep** Liturgy of the Day

1 Thessalonians 4:9-11; Psalm 98; Matthew 25:14-30

By their very nature, God's gifts to us are meant to grow. By its very nature, grace flows in superabundance; and, when we co-operate with God's grace, then it grows in an exponential way.

**Sun 3 Sep** 22ND SUNDAY IN ORDINARY TIME

Jeremiah 20:7-9; Psalm 63; Matthew 16:21-27

"Take up your cross and follow me." What cross in your life are you fearful of? What act of sacrifice do you avoid? True love hurts in the sense that it is always selfless. We must die to ourselves.

(KEY: SOLEMNITY; FEAST; Memorial; (Optional Memorial) B=Bishop; D=Doctor

# Catholic Link

## GOD WHO HEALS

21st Sunday in Ordinary Time • Year A  
Divine Office: Week 1 • 27 August 2023

# Care for the Carer

Care giving can play a vital role in the lives of the elderly and housebound so it's important that the caregiver be physically, emotionally and spiritually nourished in order to offer the best care to their patients or family members.

The role of carer can be emotionally and physically demanding, calling for self-sacrifice as they offer comfort to those needing chronic care. Carers require support and care themselves since their own health and wellbeing is integral to caring for others who are dependant. This need is often overlooked.

Becoming a carer is not always by choice. It's often unexpected and many are not prepared for it. Sometimes it's a role demanded by financial constraints, not to say it does not include genuine love for others. But realistically, carers who have been thrust into the role by circumstances beyond their control often have to forfeit their own needs, time and interests, with little or no warning. This can result in a whole host of emotions of anger, regret, frustration, guilt and compassion fatigue.

Carers may be subject to the patient's anger, abuse and frustrations that come with being confined, ageing, dependent or inactive. Some can be continuously difficult and negative which takes its toll on the caregiver. Physically challenging tasks like lifting patients, managing wheelchairs and other equipment, and mostly, not knowing how long caring will have to go on for, can all impact on the well-being of the carer who is sometimes expected to take this gracefully and stoically.

Ill family members may sometimes over-depend on the caregiver by not taking their own responsibilities seriously enough. It is important for the caregiver not to become what is called a "co-dependent". Self-care and self-respect are vital to the wellbeing of carers.

What happens to all these emotions that the carer will experience if they are not dealt with in a healthy and helpful way? The carer can become ill, disheartened, feel abused, or worse, begin to abuse the patient or family member, not

necessarily physically, mostly verbally.

How can the carer get some relief, feel appreciated, loved, encouraged, equipped and cared for? Here are some ideas:

- Set boundaries around their roles as much as possible.
- Ask for help when they need it, especially from family members.
- Let the patient be taught to take their

own responsibilities seriously and not over-depend on the carer.

- Set up a support system so that the carer can get assistance when needed.
- Carer to have regular time off for personal needs, exercise, recreation and spiritual nourishment.
- Have more than one primary carer. Burdens shared are burdens lightened.
- Opportunities to deepen the carer's spiritual life is important. It helps to cope and find the grace and strength that they need.
- Carer to have a dedicated support person that they can talk to whenever the role becomes overwhelming.
- Call for help in unexpected situations.
- Consult frequently with the medical team and wider family.

Carers too, need care. Beginning with a commitment to self-care, it must also embrace the care given to them by others – even if sometimes that has to be asked for. Never be like Peter who said to Jesus: "Lord, you shall never wash my feet!" Accept help.

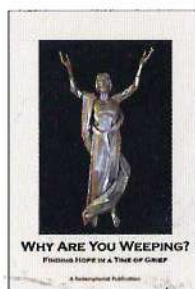
[Editor: Article submitted by a member of a Catholic care ministry team.]



Image by Shameer Pk from Pixabay

Just as he encountered Mary Magdalene with the question, "Why are you weeping?", Jesus continues to come to those who mourn the death of loved ones.

A new and revised version of the very popular first edition, this book is offered in the hope that it will bring readers who are grappling with questions of faith and feelings of loss, into contact with the compassion of Jesus.



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plus delivery

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