

SUNDAY MASS

ENTRANCE ANTIPHON:

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

FIRST READING: 2 Kings 4:8-11, 14-16.

RESPONSORIAL PSALM: Psalm 89.

RESPONSE:

I will sing forever of your mercies, O Lord.

1. I will sing forever of your mercies, O Lord; through all ages my mouth will proclaim your fidelity. I have declared your mercy is established forever; your fidelity stands firm as the heavens. *R*
2. How blessed the people who know your praise, who walk, O Lord, in the light of your face, who find their joy every day in your name, who make your justice their joyful acclaim. *R*
3. For you are the glory of their strength; by your favour it is that our might is exalted. Behold, the Lord is our shield; he is the Holy One of Israel, our king. *R*

SECOND READING: Romans 6:3-4, 8-11.

GOSPEL ACCLAMATION:

Alleluia, alleluia. You are a chosen race, a royal priesthood, a holy nation; declare the wonderful deeds of him who called you out of darkness into his marvellous light. Alleluia.

GOSPEL: Matthew 10:37-42.

COMMUNION ANTIPHON:

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

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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THE WEEK AHEAD

Live the Word

Mon 3 Jul ST THOMAS, A

Ephesians 2:19-22; Psalm 117; John 20:24-29

Holiness does not depend on human merit, culture, personality, effort, or achievement. Only God can create divine life in human beings. God wills to do so, for all of us. We only have to respond.

Tue 4 Jul (St Elizabeth of Portugal)

Genesis 19:15-29; Psalm 26; Matthew 8:23-27

How do you react to hardship and problems in your life? Do you face them with confidence, calm and hope? Even if God seems asleep, be confident that you will never be allowed to endure more than you can handle.

Wed 5 Jul (St Anthony Zaccaria, Pr)

Genesis 21:5.8-20; Psalm 34; Matthew 8:28-34

Like Jesus, are you willing to take a stand in confronting evil, to act according to your conscience and remain steadfast in standing for what is right and just? Or will you walk away and 'not get involved'?

Thu 6 Jul (St Maria Goretti, VM)

Genesis 22:1-19; Psalm 116; Matthew 9:1-8

It is difficult to ask for forgiveness. It is hard because it requires an initial act of humility on our part – admitting that we are wrong. Acknowledging our need for forgiveness takes courage. Be courageous!

Fri 7 Jul Liturgy of the Day

Genesis 23:1-4.19; 24.1-8.62-67; Psalm 106; Matt 9:9-13

The Pharisees were guilty of the sin of spiritual pride and were sinning by presuming that they were righteous. Sin happens whenever we refuse to keep growing.

Sat 8 Jul Liturgy of the Day

Genesis 27:1-5.15-29; Psalm 135; Matthew 9:14-17

"Where are we trying to go? Where do we put the emphasis and where are our values focused? For what end do we make sacrifices? Where is my treasure and what do I love most in life?" – Howard Thurman

Sun 9 Jul 14TH SUNDAY IN ORDINARY TIME

Zachariah 9:9-10; Psalm 145; Matthew 11:25-30

If given the choice to be either a 'little one' or 'wise and learned' the latter seems far more attractive. According to Jesus, only the gentle and humble of heart will in the end enter the Kingdom.

(KEY: SOLEMNITY; FEAST; Memorial; (Optional Memorial)
A=Apostle; Pr=Priest; V=Virgin; M=Martyr

Catholic Link

GOD WHO HEALS

13th Sunday in Ordinary Time • Year A
Divine Office: Week 1 • 2 July 2023

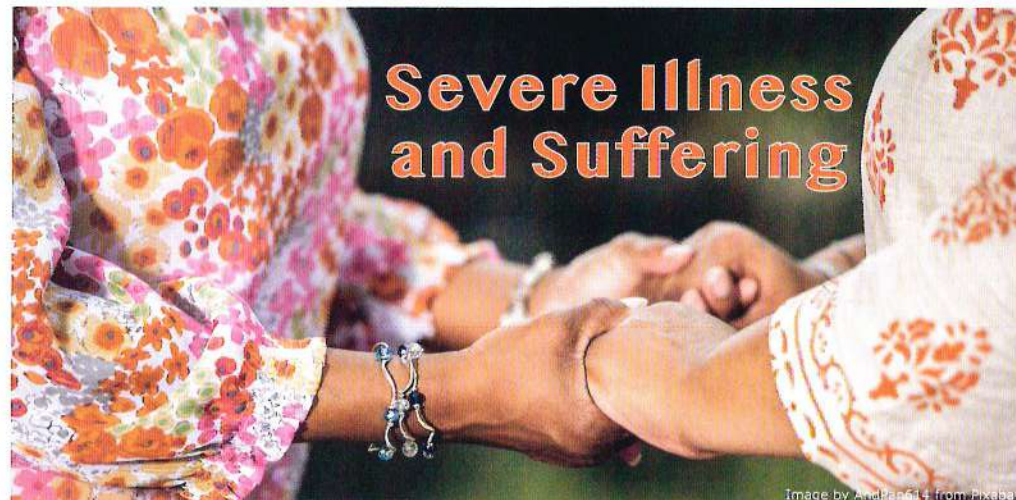


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In today's Gospel Jesus says: "Anyone who does not take up his cross and follow me is not worthy of me (Matt. 10:38)". For someone experiencing severe illness and suffering, that can be a tough ask. For example, there are people struggling to keep going with their lives while undergoing chemotherapy for cancer. And, if their cancer returns, the emotional suffering and the thought of more chemotherapy can be devastating. There are many other severe medical conditions we could describe.

Perhaps a personal testimony would be appropriate for this reflection. Recently I was diagnosed with angina and a leaking heart valve. I struggle with debilitating symptoms, especially chest pain, chronic fatigue, and even depression. When the chest pain gets severe, I experience real fear. Even my little dog notices. She sits in front of me with a look which says, 'What's wrong?' I can only smile and reach out to gently stroke her.

Jesus asks me to take up my cross daily. In quiet moments, I reflect on his invitation in Mark 5:36 – "Do not be afraid; only have faith". In dark moments, I try to pray for the grace of trust, imagining Jesus walking beside me inviting me to surrender to him. This simple spirituality is a help to cope with what I am feeling – but it is not easy.

The words and actions of Jesus point me to his "way" (John 14:6). Yes, I can be aware of what I am going through, but I need to

also reach out in solidarity to others who are suffering. Over time I have discovered more of what solidarity calls for. For example, I know a woman of faith in a poor village. She is helping two HIV-positive women look after nine orphans, but she has to also care for her husband who suffered a stroke eight years ago. It means doing everything for him, and both suffer greatly. Often, she cannot find someone to look after him while she goes to buy food, or to see the doctor to get his prescription.

Whenever possible, I drive out to her with food and medication, and spend a couple of hours with her while her husband dozes in his wheelchair across the room. I listen carefully and focus intently as she shares her heartache and difficulties, hoping her eyes will see the compassion and care in mine.

In the face of suffering, it is important to listen with empathy to allow others to share whatever is in their hearts. We should never presume to offer easy answers. It is all about being present in mind and heart, and to affirm the suffering person in their direct experience. God commended Job for being honest with Him about his affliction, and God condemned the 'friends' for presuming to have all the answers.

Jesus is sometimes described as the 'wounded healer'. He shows us how to carry our cross and to help others carry theirs. As he says in the Gospel today, "if any give so much as a cup of cold water to one of these little ones", they will be blessed (Matthew 10:42).