

focus on sunday

SIXTEENTH SUNDAY IN ORDINARY TIME 21st July 2024

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"



Today's Gospel has a distinctively contemporary feel. The disciples could be celebrities trying to escape the paparazzi. We see the disciples carrying out their teaching work and apostolic mission independently of Jesus, who is the ultimate mentor: he notes their fatigue and, when they are unable to outrun their public, steps forward to take over the teaching role, affording the disciples their rest.

We can discern a Trinitarian dimension to this passage: Jesus takes on a Fatherly role in his care, the apostolic ministry begun will continue through the work of the Holy Spirit post-Resurrection, and Jesus is the Good Shepherd of the Gospel parables willing to lay down his life for his sheep and, in this case, shouldering the yoke of teaching and pastoral care. The passage also resonates with two very contemporary acronyms: FOMO (fear of missing out) and LOMO (love of missing out). Jesus punctuates his own ministry with significant periods of rest in order to prepare and reflect for important tasks. We are all called to develop LOMO appropriately in our lives, and to appreciate both the pastoral and professional need to take time for critical reflection, to be holistic in our approach to workload in all areas of our lives, to be mindful of burnout, and to share the burden of work with others when we can. This Gospel also reminds us that, in ministry, it is not our work, but God's, that we are doing: not our kingdom, but God's, that we are building.

Giovanna Feeley, PhD.

Jesus' Story

Fr. Liam Hickey

God asks us to take "rest". I hope that people that go for a walk in the park find "rest". The different sounds of bird song in the trees and hedges is worth a listen. I hear them saying "You don't even notice me and I come to sing for you and for free. We hear with our ears, but we listen with our hearts. That tells us to be grateful and show respect, sing a song today.



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.**

APOSTLES' CREED

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



LITURGY OF THE EUCHARIST

Pray brothers and sisters,
May the Lord accept the sacrifice at your
hands for the praise and glory of his
name, for our good and the good of all
his holy Church.

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.

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.**

- 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!**

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.**

GREETING

In the name of the Father and of the Son
and of the Holy Spirit. Amen.
The Lord be with you. And with your spirit

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 Jesus Christ....

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