



THE LORD'S DAY AT HOME

SIXTEENTH SUNDAY IN ORDINARY TIME (B)
Sunday 18th July 2021

If you are housebound or self-isolating at this time, please use these prayers to unite yourself with the worship of the Universal Church, and your own Parish this Sunday. If alone, read or say these prayers quietly to yourself. If with another, or in a family, someone should read the "leader" parts, and others respond. It might be suitable to find a special, quiet place at home for your prayers.

THE INTRODUCTORY RITES

Entrance Antiphon Ps 53: 6, 8

A: 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.

Sign of the Cross

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

A: Amen.

Introduction

L: Last week Jesus sent the Apostles out on their first mission, and today they return, full of the news of all they have achieved. Jesus recognises their fatigue, and invites them to rest, but finds himself unable to do so, as there are "sheep without a shepherd" who need him! As we contemplate once more the astounding generosity of Jesus, let us praise his kindness and ask for his mercy:

Penitential Act

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Gloria

**A: 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

L: Let us pray.

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, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

A: Amen.

THE LITURGY OF THE WORD

Gospel Reading

Mark 6:30-34

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.

A: Praise to you, Lord Jesus Christ!

Reflection

You know that saying: "There's no rest for the wicked." Actually that is so untrue: the wicked are very good at making sure they have plenty of rest for themselves! Normally it is the good, the kind, the selfless and the generous who have no time to rest, because there is always some other kind thing to do, always someone else to help. This is exactly what we see in the Gospel: Jesus cannot rest while there are lost sheep wandering around! He recognises that they are missing something in life, something that only He can give, and so he sets himself to "revive their drooping spirits" by his generous teaching. This says three things to us: first, and most important, that Jesus will always watch out for us, and will always offer us himself if we are "lost". Secondly, we should try to be as generous as him: when we see people who are lost, or afraid, or hurting, it is our job (as His disciples) to do what we can – even if that means setting ourselves to work at some length! And thirdly, we should also find and create moments of rest for ourselves and each other, so that we can enjoy the "restful waters" our Good Shepherd leads us to.

For our Younger Friends

Staying in bed all day, every day, is not good for us! But working hard every hour of every day is not good either! We need balance – work AND play, effort AND rest. Jesus gives his friends a bit of rest today, after they have been working so hard! Ask Jesus to help you work AND to help you rest (and make sure you do your bit to help others – especially mums and dad – rest a bit too!) And enjoy your holidays when they start!

Profession of Faith

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

Intercessions

L: We are called to live a new humanity in the Spirit of Jesus. Let us pray to be faithful witnesses to this good news.

L: Let us pray for a courageous faith that we may exercise justice and care in all our affairs. Lord, in your mercy...

A: Hear our prayer.

L: Let us pray to be more loving that we may continue to dismantle social barriers erected by racism, sexism, and selfishness. Lord, in your mercy...

A: Hear our prayer.

L: Let us pray for all religious leaders and those entrusted with pastoral care of God's people that their ministry may witness to Christ's compassion. Lord, in your mercy...

A: Hear our prayer.

L: Let us pray for the wisdom to recognize when our bodies and minds require rest and to claim quiet spaces for personal renewal. Lord, in your mercy...

A: Hear our prayer.

Please add your own prayers for the needs of the Church, the world and your local community. You may wish to add particular prayers for family members, friends or neighbours in need at this time.

THE COMMUNION RITE

The Lord's Prayer

L: At the Saviour's command and formed by divine teaching, we dare to say:

A: Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

L: O God, who in the one perfect sacrifice brought to completion varied offerings of the law, accept, we pray, this worship 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.

A: Amen.

Preparation for Spiritual Communion

L: Loving Father, Jesus your Son by his birth he brought renewal to humanity's fallen state, and by his suffering, cancelled out our sins; by his rising from the dead he has opened the way to eternal life, and by ascending to you, O Father, he has unlocked the gates of heaven. Jesus, your Son, taking bread and wine, the fruits of the earth, at the Last Supper, gave himself as a perfect offering to you, and to be with his friends always. Even though we are not in Church, and not able to receive communion today, we open our minds and hearts now to your generous love and the gift of Jesus your Son, welcoming him spiritually into our lives.

Pause for a moment of silent prayer and reflection.

Spiritual Communion

A: 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.

Thanksgiving Psalm

L: The Lord is my shepherd: there is nothing I shall want.

A: The Lord is my shepherd: there is nothing I shall want.

L: 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.

A: The Lord is my shepherd: there is nothing I shall want.

L: 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.

A: The Lord is my shepherd: there is nothing I shall want.

L: You have prepared a banquet for me in the sight of my foes. My head you have anointed with oil; my cup is overflowing.

A: The Lord is my shepherd: there is nothing I shall want.

L: 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.

A: The Lord is my shepherd: there is nothing I shall want.

THE CONCLUDING RITE

Final Prayer and Blessing

L: Let us pray.

Graciously be present to your people, we pray, O Lord, and lead those you have imbued with heavenly mysteries to pass from former ways to newness of life. Through Christ our Lord.

A: Amen.

L: May the Lord ✠ bless us, protect us from all evil, and bring us to everlasting life.

A: Amen.

L: Let us bless the Lord!

A: Thanks be to God!

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