

## ENTRANCE ANTIPHON

The Lord is the strength of his people, a saving refuge for the one he has anointed. Save your people, Lord, and bless your heritage, and govern them for ever.

## COLLECT

Grant, O Lord,  
That we may always revere and love your holy name, for you never deprive of your guidance those you set firm on the foundation of your love. Through our Lord Jesus Christ, your Son,  
Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

## FIRST READING 20:10-13

*A reading from the prophet Jeremiah*

Jeremiah said:

I hear so many disparaging me,  
"Terror from every side!"

Denounce him! Let us denounce him!

All those who used to be my friends  
watched for my downfall,  
Perhaps he will be seduced into error.  
Then we will master him  
and take our revenge!

But the Lord is at my side, a mighty hero;  
my opponents will stumble, mastered,  
confounded by their failure;  
everlasting, unforgettable disgrace will be theirs.

But you, Lord of Hosts, you who probe with justice,

who scrutinise the loins and heart,  
let me see the vengeance you will take on them,  
for I have committed my cause to you.

Sing to the Lord,  
praise the Lord,  
for he has delivered the soul of the needy  
from the hands of evil men.

*The word of the Lord.*

## RESPONSORIAL PSALM Ps68

**Response:** In your great love,  
answer me, O God.

1. It is for you that I suffer taunts,  
that shame covers my face,  
that I have become a stranger to my  
brothers,  
an alien to my own mother's sons.  
I burn with zeal for your house  
and taunts against you fall on me. (R.)

2. This is my prayer to you,  
my prayer for your favour.  
In your great love, answer me, O God,  
with your help that never fails:  
Lord, answer, for your love is kind;  
in your compassion, turn towards me. (R.)

3. The poor when they see it will be glad  
and God seeking hearts will revive;  
for the Lord listens to the needy

and does not spurn his servants in their  
chains.

Let the heavens and the earth give him  
praise,  
the sea and all its living creatures. (R.)

## SECOND READING 5:12-15

*A reading from the letter of St Paul to the Romans.*

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift.

*The word of the Lord.*

## GOSPEL ACCLAMATION

**Alleluia, alleluia!**

**The Word was made flesh and lived  
among us;**

**to all who did accept him**

**he gave power to become children of God.  
Alleluia.**

## GOSPEL 10:26-33

*A reading from the holy Gospel according to Matthew*

Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the housetops.

'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.

'So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.'

*The Gospel of the Lord.*

## PRAYER OVER THE OFFERINGS

Receive, O Lord, the sacrifice of  
conciliation and praise and grant that,

cleansed by its action, we may make  
offering of heart pleasing to you.  
Through Christ Our Lord.

## COMMUNION ANTIPHON

**The eyes of all look to you, O Lord, and  
you give them food in due season.**

## PRAYER AFTER COMMUNION

Renewed and nourished by the Sacred Body and Precious Blood of your Son, we ask of your mercy, O Lord, that what we celebrate with constant devotion may be our sure pledge of redemption. Through Christ Our Lord.

## GOSPEL REFLECTION



**That** does it mean that you are created in God's image and likeness? Are all people created in God's image and likeness? Regardless of race? Regardless of religious beliefs?

**What** does being created in God's image and likeness call you to do? What does it mean to be holy? Is holiness the same as piety?

**How** do you spread the good news? How do you live the good news?

**Which** would be worse, losing your life or losing your soul? What are the ways that you might lose your soul?

**Is** there anything that cannot be forgiven? Can even the most heinous criminal still be forgiven by Jesus?

**Do** you think you are so unimportant that God sometimes loses track of you?

**When** someone thinks poorly of themselves it is easy to get 'down in the dumps.' How can being a member of a vibrant, faith-filled community help to remedy this state?

**How** do others know you are a disciple of Jesus Christ? Are you reluctant to tell others about your relationship with Jesus? Is it fear of being out of step with the popular culture?

## GOSPEL ACTION

Identify one person this week who needs your prayers. Keep them in your prayers, without telling them, for the next six months. Resolve to speak out about your relationship with Jesus to someone with whom you have not shared your faith story in the past.

## Readings – Ss. Peter & Paul Year ABC

**First Reading:** Acts 12: 1-11

**Second Reading:** 2 Timothy 4: 6-8, 17-18

**Gospel:** Matthew 16:13-19

## Homily

21<sup>st</sup> June 2020 – 12<sup>th</sup> Sunday in Ordinary Time

### **‘Do not be afraid; do you want to borrow my hair-clippers?!’**

Dear friends, it was with great joy that we were able to re-open our Church doors once again on Friday morning, after 3 months closure. I found it a very moving experience and extremely prayerful; the Blessed Sacrament was exposed and we were gathered together in prayer in the presence of the Lord. I know speaking to parishioners that it was a wonderful experience for them as well, just to be able to come back into our Church which we have all missed so much. This is the first important step for us to being able to gather again for Mass (I noted with interest the report of the public celebration of Mass in Northern Ireland returning from the end of this month).

In my homily on the 4<sup>th</sup> Sunday of Lent on 22<sup>nd</sup> March (the first printed homily that was sent out to you just before lockdown) I said these words, *‘we are called to be people of faith and hope and love. **‘Do not be afraid’** the Lord says to us **‘I am with you always’** please do not be in any doubt the Lord **is with us**, He is by our side especially when we are feeling worried, isolated or afraid. We pray that we may trust in the Lord and that our faith will be strong and sustain us in the weeks ahead.’*

Three times in our Gospel today the Lord says those same words, **‘do not be afraid’**, to his twelve disciples who were being prepared to be sent out on their mission. The words I think are said to us today once again as we continue the steps out of lockdown and start to get back to what is a new *‘normal’* for us. Things aren’t the same though, we have social distancing rules to follow, face masks and gloves to wear, a great emphasis on hygiene and particularly hand hygiene, one-way systems to follow and social bubbles that we are part of (often meeting outside) not to mention meetings taking place on-line, I had never even heard of Zoom meetings three months ago.

One thing that struck me reflecting on today’s Gospel and made me laugh was when Jesus says that **‘every hair on your head has been counted’**, it won’t have taken long to count mine!! Unlike me, I know that many people are waiting to go back to the hairdressers, I believe some appointments have already been booked for July. I am also aware of some successful and not so successful attempts at DIY haircutting over these last weeks even in my own family. I have offered my hair clippers to several people as a possible solution to their hair anxieties, to date this offer hasn’t been taken up though 😊.

## Homily

21<sup>st</sup> June 2020 – 12<sup>th</sup> Sunday in Ordinary Time

When Jesus talks about the sparrows in the Gospel, he is trying to help us understand just how far-reaching and all-embracing is the knowledge, love and care of God for all. Everything that happens to any of his creatures, even the most insignificant of them, is seen by God and is important to him – even a little sparrow that falls to the ground. The fact that he doesn't prevent the sparrow from falling, doesn't mean that he is indifferent to it. God is never indifferent to us or to what happens to any of his creatures. So, if God then is so concerned about the sparrows we can be sure that he is even more concerned about us who are his children. God loves us more than we could ever imagine and God will take care of us, particularly at those times when we struggle or find life difficult.

'Do not be afraid, for I have redeemed you, I have called you by your name, you are mine' is the chorus of a popular hymn that we sing in Church.

**'Do not be afraid'** the Lord says to us again today, he is with us and is by our side always, we belong to him. We pray that we may trust in the Lord and that our faith will be strong and sustain us in the weeks ahead as we begin to discover what the new 'normal' looks like for us, with all the many new and different elements it contains.

We have gone back to Ordinary Time this week, we have green vestments again and from now until the First Sunday of Advent, at the beginning of November, we have the longest stretch of Ordinary or normal time as we get back into the regular rhythm of Church life. However, everything is new and a bit different for us at the moment but I am sure that we will soon get used to the new ways.

It's been good to start to see people again and I look forward to seeing more of you in the days and weeks ahead; take care and be assured of my continued love and prayers.

**Fr Phil x.**

## **Bidding Prayers and Spiritual Communion**

**14<sup>th</sup> June 2020 – The Most Holy Body and Blood of Christ**

With confidence, and in faith and trust we bring our prayers to God our Father:

For the Church; may all Christians bear witness to the Lord with lives of loving service and not be overcome by fear.

Lord, in your mercy, hear our prayer.

For ourselves; secure in God's abundant love for us, may we share his love with all we meet.                      Lord, in your mercy, hear our prayer.

For our Government leaders as we come out of lockdown; may they make wise and sensible decisions for the common good of all, particularly for those who are most vulnerable and in need.

Lord, in your mercy, hear our prayer.

For those who are sick, especially those affected by the coronavirus; may they know the grace and healing of Jesus, the Lord of love and life.

Lord, in your mercy, hear our prayer.

For those in our world who are hungry and thirsty; may we be generous in sharing what we have.                      Lord, in your mercy, hear our prayer.

For those who suffer racism and any form of discrimination: may we actively promote racial justice and uphold the dignity of every human person made in the image and likeness of God.

Lord, in your mercy, hear our prayer.

For our human family; may we be faithful stewards of Creation caring for and protecting Our Common Home.

Lord, in your mercy, hear our prayer.

For the faithful departed, especially **Margaret Ward, Tina Robinson and Theresa Coonan** who have died recently and those whose anniversaries occur around this time: **“Eternal rest grant upon them...”**

We pray through the intercession of Mary our Mother: **“Hail Mary...”**  
Heavenly Father,

We offer these and all our prayers in faith and trust and in the unity of the Holy Spirit, through your Son Jesus who is Christ Our Lord, **Amen.**

## **Bidding Prayers and Spiritual Communion**

**14<sup>th</sup> June 2020 – The Most Holy Body and Blood of Christ**

### **Spiritual Communion**

*Prayer of St Alphonsus*

My Jesus,

I believe that you are present in this Holy Sacrament of the altar.

I love you above all things and

I passionately desire to receive you into my soul.

Since I cannot now receive you sacramentally,

come spiritually into my soul

so that I may unite myself wholly to you now and forever.

Amen.