

AFRICA

Living with Christ

GROWING UP DAILY WITH THE GOOD NEWS

Weekly LWCA

10th Week in
Ordinary Time

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Liturgical texts:

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On our cover: The Holy Sacrament

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Editorial

June 2023



Rev. Fr. Walter C. Ihejirika, Nigeria

The Two Hearts of Love

This week can be described as the celebration of the two hearts of love – the Hearts of Jesus and his Mother, Mary. We begin the week with the celebration of the Corpus Christi and end it with the Feasts of the Sacred Heart of Jesus and Immaculate Heart of Mary.

The string which connects these celebrations is love. In the Holy Eucharist, our Lord Jesus gave us a sign of his eternal love by feeding us with his body and blood. The pierced heart of Jesus (Jn 19:31-37) is the source and fount-head of divine love and mercy for humankind. In like manner, the Immaculate Heart of Mary is filled with love for God and for all humankind. She exemplified this love in her willingness to do the will of God, (Lk 1:38), and sharing in the pains and worries of the children of God as shown by her intervention at the wedding feast of Cana (Jn 2:1ff).

Many believers continue to have a deep devotion to these two hearts of love. In them they find recourse in times of need. By *Living with Christ*, may you partake in the fullness of divine love and mercy.



The Pope's Prayer Intention

For the abolition of torture: We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families.

Other papal intentions and videos can be found on: <http://apostleshipofprayer.org/>

The Liturgy of the Word (*second part*)

After the reading of the Gospel, the priest or the deacon gives the homily. According to the Constitution on the Sacred Liturgy (*Sacrosanctum Concilium*, 52), *the homily is to be highly esteemed as part of the liturgy itself; in fact, at those Masses which are celebrated with the assistance of the people on Sundays and feasts of obligation, it should not be omitted except for a serious reason.* In general, a homily is an explanation of the readings. It can also be an explanation of any other liturgical text like the collect, the prayer over the offerings, the preface, the prayer after Communion, etc.

In light of the above, the homily should not be substituted with a meeting during which the celebrant invites the faithful to fund some Parish projects. The homily cannot be considered as an exercise of fraternal correction or a message addressed to a particular person in the assembly. Such deviations must be avoided.

It is important to know that the homily must be given by a priest or a deacon, but never by a layperson. It is important to clarify this liturgical rule. Saying that the

homily cannot be given by a layperson does not mean that a lay person cannot intervene in some contexts. Sometimes it happens that the priest or the deacon cannot give the homily due to a language barrier. In this case, a well-prepared layperson like a catechist can share the word of God. In liturgy, the context must be taken into account in order to avoid some exaggerations.

After the homily, a moment of silence should be observed in order to give the faithful an opportunity to internalise the message that they have heard and to pray that the Lord may give them the grace to put into practice what they have heard. That moment of silence is also meant to let the Holy Spirit continue teaching the faithful since the celebrant cannot exhaust God's Word.

After the moment of silence, it is time for the profession of Faith or Creed. According to the General Instruction of the Roman Missal, *the purpose of the Creed is that the congregation may respond to the Word of God as proclaimed. The congregation also honors and confess the great mysteries of faith by pronouncing the rule of faith in a formula approved for liturgical use and before the*

celebration of these mysteries in the Eucharist begins. There are two formulas that can be used: The Niceno-Constantinopolitan Creed which is longer and the Apostles' Creed which is shorter.

After the profession of faith, there is the Universal Prayer or the Prayer of the Faithful. The assembly responds to the Word of God and offer prayers to God. Petitions are offered for the needs of the Church, for the public authorities, for the burdened by any kind of difficulty and for the local community. The celebrant begins the Prayer of the Faithful with an introduction and concludes it with prayer.

Rev. Fr. Jérôme K. M. Kombi,
Kinshasa, D.R. Congo



Sunday June 11

The Most Holy Body And Blood of Christ, Solemnity

*Deutonomy 8: 2-3. 14b-16a / Psalm 147: 12-13. 14-15. 19-20 (12) /
1 Corinthians 10: 16-17 / John 6: 51-58*



...“I am the living bread which came down from heaven; if anyone eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.” (John 6:52)



I am the Living Bread

We celebrate the Most Holy Body and Blood of Christ – Corpus Christi – God’s gift of Himself to the Church through the Eucharist– the center of our Christian faith and worship. We celebrate the real presence of Jesus in the Holy Eucharist – body, blood, soul, and divinity. Our celebration has its foundation in the very words of Jesus: I am the living bread that came down from heaven; whoever eats this bread will live forever (Jn 6:51). The Eucharist is a sign of God’s abiding presence to His Church – I will be with you always till the end of time.... (Mt. 28:20) It is a pledge of eternal life for us: He who eats my flesh and drinks my blood has eternal life and I will raise him up on the last day (Jn 6:57).

Just as God miraculously provided manna for the Israelites on their journey through the wilderness as recounted by Moses in our First Reading; the Holy Eucharist has become for us our own ‘food for the journey’- to give strength, nourishment, and spiritual sustenance for our soul. As the manna reminds us of the unfailing care of God for His people, the Eucharist remains the expression of God’s care for us today. Thus, the Eucharist remains a



Sunday June 11

daily dosage of the food we need for salvation, hence the Church celebrates the Holy Eucharist daily because of this importance and enjoins us to prepare ourselves and receive Christ daily at Mass.

The Eucharist is a symbol of unity and should unite us as one community of Christ in love. Unified in one body, we share life and are present to one another with Christ as the center. As we partake in the body and blood of Christ, may God rekindle our faith in His presence, and may our worthy celebration and reception of the Eucharist bring us good health of mind and body and make us resemble that which we consume. More importantly, may the Eucharist we receive bring us closer to Jesus and to each other and make us a community of love.

Rev. Sr. Mary Clare, Nigeria



Entrance Antiphon (*Psalm (80) 81:17*)

He fed them with the finest wheat, and satisfied them with honey from the rock.

The Gloria in excelsis is said.

Collect

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, forever and ever. **Amen.**

First Reading (Deuteronomy 8:2-3.14b-16a) ———
A reading from the Book of Deuteronomy

Moses spoke to the people, saying, “You shall remember all the way which the Lord your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments, or not. And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers



Sunday June 11

know; that he might make you know that man does not live by bread alone, but that man lives by everything that proceeds out of the mouth of the Lord. “And you shall remember the Lord your God, who brought you out of the land of Egypt, out of the house of bondage, who led you through the great and terrible wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water, who brought you water out of the flinty rock, who fed you in the wilderness with manna which your fathers did not know.”

The word of the Lord. **Thanks be to God.**

Responsorial Psalm —————
(Psalm 147:12-13.14-15.19-20)



R. O Jerusalem, glorify the Lord!

Or: Alleluia.



O Jerusalem, glorify the Lord!
O Sion, praise your God!
He has strengthened the bars of your gates;
he has blessed your children within you. R.

He established peace on your borders;
he gives you your fill of finest wheat.
He sends out his word to the earth, and swiftly runs his
command. R.

He reveals his word to Jacob;
to Israel, his decrees and judgments.
He has not dealt thus with other nations;
he has not taught them his judgments. R.

Second Reading (1 Corinthians 10:16-17) —————

**A reading from the first Letter of Saint Paul to the
Corinthians**

Brethren: The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread. The word of the Lord. **Thanks be to God.**



Sunday June 11

Acclamation (*John 6:51*)

Alleluia. Alleluia. I am the living bread which came down from heaven, says the Lord; if any one eats this bread he will live for ever. **Alleluia.**

Gospel (*John 6:51-58*)

A reading from the holy Gospel according to John

At that time: Jesus said to the crowds of the Jews, “I am the living bread which came down from heaven; if anyone eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.” The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” So Jesus said to them, “Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so he who eats me will live because of me. This is the bread which came down from heaven, not such as the fathers ate and died; he who eats this bread will live for ever.” The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**



Prayer of the Faithful

The following intentions are suggestions only.

R. Lord, hear us!

For more fruitful apostolates and pastoral works and for personal experience with Christ, let us pray to the Lord our God. R.

For a closer relationship and personal experience with Christ in His Body and Blood, let us pray to the Lord our God. R.

For those who still do not believe in Christ, for our salvation and the salvation of the world, let us pray to the Lord our God. R.

For peace, mercy, love and security in Africa , let us pray to the Lord our God. R.

Prayer over the Offerings

Grant your Church, O Lord, we pray, the gifts of unity and peace, whose signs are to be seen in mystery in the



Sunday June 11

offerings we here present. Through Christ our Lord.
Amen.

Communion Antiphon (*Jn 6:57*)

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

Prayer after Communion

Grant, O Lord, we pray, that we may delight for all eternity in that share in your divine life, which is foreshadowed in the present age by our reception of your precious Body and Blood. Who live and reign for ever and ever. **Amen.**



Monday June 12

10th Week in Ordinary Time

Entrance Antiphon

(Psalm (25) 26) **The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; whom should I dread? When those who do evil draw near, they stumble and fall.**

Collect

O God, from whom all good things come, grant that we who call on you in our need, may at your prompting discern what is right, and by your guidance do it. Through Christ our Lord. **Amen.**

Reading

(2 Corinthians 1:1-7)

A reading from the second Letter of Saint Paul to the Corinthians

Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother. To the Church of God which is at Corinth, with all the saints who are in the whole of Achaia: Grace to you and peace from God our Father and the Lord Jesus Christ. Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be



Monday June 12

able to comfort those who are in affliction with the comfort with which we ourselves are comforted by God. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too. If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer. Our hope for you is unshaken; for we know that as you share in our sufferings, you will also share in our comfort. The word of the Lord. **Thanks be to God.**

Responsorial Psalm——
(Psalm (33) 34)

***R.* Taste and see that the Lord is good.**

I will bless the Lord at all times, praise of him is always in my mouth. In the Lord my soul shall make its boast; the humble shall hear and be glad. *R.*

Glorify the Lord with me; together let us praise his name. I sought the Lord, and he answered me; from all my terrors he set me free. *R.*

Look towards him and be radiant; let your faces not be abashed. This lowly one called; the Lord heard, and rescued him from all his distress. *R.*

The angel of the Lord is encamped around those who fear him, to rescue them. Taste and see that the Lord is good. Blessed the man who seeks refuge in him. *R.*



Acclamation

(Matthew 5:12a)

Alleluia. Alleluia. Rejoice and be glad, for your reward is great in heaven. **Alleluia.**

Gospel

(Matthew 5:1-12)

A reading from the holy Gospel according to Matthew

At that time: Seeing the crowds, Jesus went up on the mountain, and when he sat down his disciples came to him. And he opened his mouth and taught them, saying: “Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they

shall be satisfied. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you.” The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

Look kindly upon our service, O Lord, we pray, that what we offer may be

an acceptable oblation to you and lead us to grow in charity. Through Christ our Lord. **Amen.**

Communion Antiphon
(Ps (16) 17) **The Lord is my rock, my fortress, and my**

deliverer; my God is my saving strength.

Prayer after Communion

May your healing work, O Lord, free us, we pray, from doing evil and lead us to what is right. Through Christ our Lord. **Amen.**

Blessed Are the Merciful

Commentary

Matthew 5: 1-12

The Gospel presents to us the 'Beatitudes' the would-be-attitudes of the followers of Christ. Among other things, the call to be merciful resonates more than any other of the beatitudes because this virtue distinguishes us as followers of Christ. If we can be merciful, then, we can love, forgive, share, empathize and do other good things. With these virtues lived out, our world will definitely be a beautiful place for everybody to live.

Rev. Sr. Mary Clare, Nigeria



Tuesday June 13

10th Week in Ordinary Time

Memorial

St Anthony of Padua, priest and doctor

Entrance Antiphon

(Sir 15:5) **In the midst of the Church he opened his mouth, and the Lord filled him with the spirit of wisdom and understanding and clothed him in a robe of glory.**

Collect

Almighty everlasting God, who gave Saint Anthony of Padua to your people as an outstanding preacher and an intercessor in their need, grant that, with his assistance, as we follow the teachings of the Christian

life, we may know your help in every trial. Through Christ our Lord. **Amen.**

Reading —————

(2 Corinthians 1:18-22)

A reading from the second Letter of Saint Paul to the Corinthians

Brethren: As surely as God is faithful, our word to you has not been Yes and No. For the Son of God, Jesus Christ, whom we preached among you, Silvanus and Timothy and I, was not Yes and No; but in him it

is always Yes. For all the promises of God find their Yes in him. That is why we utter the Amen through him, to the glory of God. But it is God who establishes us with you in Christ, and has commissioned us; he has put his seal upon us and given us his Spirit in our hearts as a guarantee. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —
(Psalm (118) 119:129.130.
131.132.133.135 (R. 135a)***

R. Lord, let your face shine forth on your servant.

Your decrees are wonderful indeed; therefore my soul obeys them. **R.**

The unfolding of your word gives light, and understanding to the simple. **R.**

I have opened my mouth and I sigh, for I yearn for your commands. **R.**

Turn and have mercy on me, as is your rule for those who love your name. **R.**

Let my steps be guided by your promise; may evil never rule me **R.**

Let your face shine forth on your servant, and teach me your decrees. **R.**

Acclamation
(Matthew 5:16)

Alleluia. Alleluia. Let your light so shine before men that they may see your good works and give glory to your Father. **Alleluia.**

Gospel —————
(Matthew 5:13-16)

A reading from the holy Gospel according to Matthew

At that time: Jesus said to his disciples, “You are the salt of the earth; but if salt has lost its taste, how shall its saltiness be re stored? It is no longer good for anything except to be thrown out and trodden under foot by men. “You are the light of the world. A city set on a hill cannot be hidden. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in

heaven.” The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

May the sacrifice which we gladly present on the feast day of saint Anthony of Padua, be pleasing to you, O God, for taught by him, we, too, give ourselves entirely to you in praise. Through Christ our Lord. **Amen.**

Communion Antiphon

(Lk 12:42) **Behold a wise and faithful servant to distribute their allowance of food in due time.**

Prayer after Communion

May partaking at the heavenly table, almighty God, confirm and increase strength from on high in all

who celebrate the feast day of Saint Antony of Padua, that we may preserve in integrity the gift of faith and walk in the path of

salvation you trace for us. Through Christ our Lord. **Amen.**

Salt of the Earth, Light of the World

Commentary

Matthew 5: 13-16

Salt is an essential commodity. It gives taste and sweetness to food. Light illuminates our way in darkness. Jesus in today's Gospel invites us as Christians to be to the world what salt is to food and how light dispels the darkness. Our ability to stand out; give beauty, taste, sweetness, brightness to the lives of those we encounter in our daily life events will distinguish us as followers of Christ. Make a difference in somebody's life today; a little act of love is all that is expected of us.

Rev. Sr. Mary Clare, Nigeria



Wednesday June 14

10th Week in Ordinary Time

Entrance Antiphon

(Psalm (25) 26) **The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; whom should I dread? When those who do evil draw near, they stumble and fall.**

Collect

O God, from whom all good things come, grant that we who call on you in our need, may at your prompting discern what is right, and by your guidance do it. Through Christ our Lord. **Amen.**

Reading --- *(2 Corinthians 3:4-11)*

A reading from the second Letter of Saint Paul to the Corinthians

Brethren: Such is the confidence that we have through Christ towards God. Not that we are sufficient of ourselves to claim anything as coming from us; our sufficiency is from God, who has qualified us to be ministers of a new covenant, not in a written code but in the Spirit; for the written code kills, but the Spirit gives life. Now if the dispensation of death, carved in letters

on stone, came with such splendour that the Israelites could not look at Moses' face because of its brightness, fading as this was, will not the dispensation of the Spirit be attended with greater splendour? For if there was splendour in the dispensation of condemnation, the dispensation of righteousness must far exceed it in splendour. Indeed, in this case, what once had splendour has come to have no splendour at all, because of the splendour that surpasses it. For if what faded away came with splendour, what is permanent must have much more splendour. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —
(Psalm (98) 99)***

R. You are holy, O Lord our God.

Exalt the Lord our God; bow down before his footstool. Holy is he! R

Among his priests were Aaron and Moses; among those who invoked his name was Samuel. They cried out to the Lord and he answered. R

To them he spoke in the pillar of cloud. They obeyed his decrees and the statutes which he had given them. R

O Lord our God, you answered them. For them you were a God who forgives, and yet you punished their offences. Exalt the Lord our God; bow down before his holy mountain, for the Lord our God is holy. R

Acclamation

(Ps (24) 25)

Alleluia. Alleluia. Teach me your paths, O lord. Guide me in your truth.
Alleluia.

Gospel

(Matthew 5:17-19)

A reading from the holy Gospel according to Matthew

At that time: Jesus said to his disciples, “Do you think that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfil them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least

of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven.”

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

Look kindly upon our service, O Lord, we pray, that what we offer may be an acceptable oblation to you and lead us to grow in charity. Through Christ our Lord. **Amen.**

Communion Antiphon

(Ps (16) 17) **The Lord is my rock, my fortress, and my deliverer; my God is my saving strength.**

Prayer after Communion

May your healing work,
O Lord, free us, we pray,

from doing evil and lead us
to what is right. Through
Christ our Lord. **Amen.**

Positive Influence**Commentary****Matthew 5: 17-19**

The life of a Christian has its influence on others. Jesus in today's Gospel invites us to be sensitive to the influence our actions may have on others. God's laws and commandments are eternal and centered on love; thus, Jesus came, not to abolish them but to uphold them. Therefore, we are called to abide by God's law in love and to teach others to do the same. Let us be signposts that will lead people to Christ and not be a hinderance to the faith journey of others.

Rev. Sr. Mary Clare, Nigeria



Thursday June 15

10th Week in Ordinary Time

Entrance Antiphon

(Psalm (25) 26) **The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; whom should I dread? When those who do evil draw near, they stumble and fall.**

Collect

O God, from whom all good things come, grant that we who call on you in our need, may at your prompting discern what is right, and by your guidance do it. Through Christ our Lord. **Amen.**

Reading

(2 Corinthians 3:15-4:1.3-6)

A reading from the second Letter of Saint Paul to the Corinthians

Brethren: To this day whenever Moses is read a veil lies over the minds of the Israelites; but when a man turns to the Lord the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled face, beholding the glory of the Lord, are being changed into his likeness from one

degree of glory to another; for this comes from the Lord who is the Spirit. Therefore, having this ministry by the mercy of God, we do not lose heart. And even if our gospel is veiled, it is veiled only to those who are perishing. In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the likeness of God. For what we preach is not ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus' sake. For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of

the glory of God in the face of Christ.

The word of the Lord.
Thanks be to God.

***Responsorial Psalm —
(Psalm 84) 85***

**R. The Lord's glory will
dwell in our land.**

I will hear what the Lord God speaks; he speaks of peace for his people and his faithful. His salvation is near for those who fear him, and his glory will dwell in our land. R.

Merciful love and faithfulness have met; justice and peace have kissed. Faithfulness shall spring from the earth,

and justice look down from heaven. R.

Also the Lord will bestow his bounty, and our earth shall yield its increase. Justice will march before him, and guide his steps on the way. R.

Acclamation

(John 13:34)

Alleluia. Alleluia. A new commandment I give to you, says the Lord, that you love one another, even as I have loved you. **Alleluia.**

Gospel

(Matthew 5:20-26)

A reading from the holy Gospel according to Matthew

At that time: Jesus said to his disciples, “Unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven. You have heard that it was said to the men of old, ‘You shall not kill; and whoever kills shall be liable to judgment.’ But I say to you that everyone who is angry with his brother shall be liable to judgement; whoever insults his brother shall be liable to the council, and whoever says, ‘You fool!’ shall be liable to the hell of fire. So if you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled

to your brother, and then come and offer your gift. Make friends quickly with accuser, while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison; truly, I say to you, you will never get out till you have paid the last penny.”

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

Look kindly upon our service, O Lord, we pray, that what we offer may be an acceptable oblation to you and lead us to grow in charity. Through Christ our Lord. **Amen.**

Communion Antiphon

(Ps (16) 17) **The Lord is my rock, my fortress, and my deliverer; my God is my saving strength.**

Prayer after Communion

May your healing work,
O Lord, free us, we pray,

from doing evil and lead us
to what is right. Through
Christ our Lord. **Amen.**

Love Is Righteousness

Commentary

Matthew 5: 20-26

Today, Jesus teaches that righteousness goes beyond the mere observance of the law. This entails that in as much as we are enjoined to keep the commandments of God, it must be observed in the practice of love of God and neighbour. The commandment says 'Do not kill', but Jesus expanded the scope by enjoining us to be prudent with our expressions, words and to be forgiving. Kind words and actions to others and being in peace with each other are expressions of love.

Rev. Sr. Mary Clare, Nigeria



Friday June 16

10th Week in Ordinary Time

Solemnity

of the Most Sacred Heart of Jesus

Entrance Antiphon

(Psalm 33:11.19) **The designs of his heart are from age to age, to rescue their souls from death, and to keep them alive in famine.**

The Gloria in excelsis

(Glory to God in the highest) **is said.**

Collect

Grant, we pray, almighty God, that we who glory in the Heart of your beloved Son and recall the wonders of his love for us, may be made worthy to receive

an overflowing measure of grace from that fount of heavenly gifts. 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. **Amen.**

Or:

O God, who in the Heart of your Son, wounded by our sins, be stow on us in mercy the boundless treasures of your love, grant, we pray, that in paying him the homage of our devotion we may also offer worthy reparation.

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. **Amen.**

Reading _____
(Deuteronomy 7:6-11)

A reading from the Book of Deuteronomy

Moses spoke to the people, saying, "You are a people holy to the Lord your God; the Lord your God has chosen you to be a people for his own possession, out of all the peoples that are On the face of the earth. It was not because you were more in number than any other people that the Lord set his love upon you and chose you, for you were

the fewest of all peoples; but it is because the Lord loves you, and is keeping the oath which he swore to your fathers, that the Lord has brought you out with a mighty hand, and redeemed you from the house of bondage, from the hand of Pharaoh king of Egypt. Know therefore that the Lord your God is God, the faithful God who keeps covenant and merciful love with those who love him and keep his commandments, to a thousand generations, and repays to their face those who hate him, by destroying them; he will not be slack with him who hates him, he will repay him to his face. You shall therefore be careful to do the commandment,

and the statutes, and the ordinances, which I command you this day.”
The word of the Lord.
Thanks be to God.

***Responsorial Psalm —
(Psalm 103:1-2.3-46-7.8
and 10 (R. 17ab)***

**R. The mercy of the Lord
is everlasting upon those
who hold him in fear.**

Bless the Lord, O my soul, and all within me, his holy name. Bless the Lord, O my soul, and never forget all his benefits. R.

It is the Lord who forgives all your sins, who heals every one of your ills, who redeems your life from the grave, who crowns you with mercy and compassion. R.

The Lord does just deeds, gives full justice to all who are oppressed. He made known his ways to Moses, and his deeds to the children of Israel. R.

The Lord is compassionate and gracious, slow to anger and rich in mercy. He does not treat us according to our sins, nor repay us according to our faults. R.

***Reading —————
(1 John 4:7-16)***

**A reading from the first
Letter of Saint John**

Beloved, let us love one another; for love is of God, and he who loves is born of God and knows God. He who does not love does not



know God; for God is love. In this the love of God was made manifest among us, that God sent his only-begotten Son into the world, so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the expiation for our sins. Beloved, if God so loved us, we also ought to love one another. No man has ever seen God; if we love one another, God abides in us and his love is perfected in us. By this we know that we abide in him and he in us, because he has given us of his own Spirit. And we have seen and testify that the Father has sent his Son as the Saviour of the world. Whoever confesses that Jesus is the Son of God,

God abides in him, and he in God. So we know and believe the love God has for us. God is love, and he who abides in love abides in God and God abides in him. The word of the Lord.
Thanks be to God.

Acclamation

(Matthew 11:29ab)

Alleluia. Alleluia. Take my yoke upon you, says the Lord; and learn from me, for I am gentle and lowly in heart. **Alleluia.**

Gospel —————

(Matthew 11:25-30)

A reading from the holy Gospel according to Matthew

At that time Jesus declared, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to infants; yes, Father, for such was your gracious will. All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and any one to whom the Son chooses to reveal him. Come to me all who labour and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me for I am gentle and lowly in heart and you will find rest for your souls. For my yoke is easy

and my burden is light.”
The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

The Creed is said.

Prayer over the Offerings

Look, O Lord, we pray, on the surpassing charity in the Heart of your beloved Son, that what we offer may be a gift acceptable to you and an expiation of our offences. Through Christ our Lord. **Amen.**

Preface: The Boundless Charity of Christ.

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through



Christ our Lord. For raised up high on the Cross, he gave himself up for us with a wonderful love and poured out blood and water from his pierced side, the wellspring of the Church's Sacraments, so that, won over to the open heart of the Saviour, all might draw water joyfully from the springs of salvation. And so, with all the Angels and Saints, we praise you as without end we acclaim: **Holy, Holy, Holy Lord God of hosts...**

Communion Antiphon

(Jn 7:37-38) **Thus says the Lord: Let whoever is thirsty come to me and drink. Streams of living water will flow from within the one who believes in me.**

Or: (Jn 19:34)

One of the soldiers opened his side with a lance, and at once there came forth blood and water.

Prayer after Communion

May this sacrament of charity, O Lord, make us fervent with the fire of holy love, so that, drawn

always to your Son, we may learn to see him in our neighbour. Through Christ our Lord. **Amen.**

God Is Love**Commentary****Matthew 11:25-30**

Today we celebrate the Heart of Love – the Sacred Heart of Jesus. God’s love for us is unfathomable. The solemnity reminds us that we have been so loved by God and therefore, we should return love to God and to our neighbours. In the Gospel, Jesus, in love offers to lighten our burdens and to give us rest. In the same way, we should reach out in different ways to lighten the burdens of others and make life better for those we meet each day. In so doing, we return love as we have received.

Rev. Sr. Mary Clare, Nigeria



Saturday June 17

10th Week in Ordinary Time

Memorial

Immaculate Heart of the Blessed Virgin Mary

Entrance Antiphon

(Psalm 13:6) My heart will rejoice in your salvation. I will sing to the Lord who has been bountiful with me.

Collect

O God, who prepared a fit dwelling place for the Holy Spirit in the Heart of the Blessed Virgin Mary, graciously grant that, through her intercession, we may be a worthy temple of your glory. Through Christ our Lord. **Amen.**

Reading

(Isaiah 61:9-11)

A reading from the Book of Isaiah

The descendants of my people shall be known among the nations, and their offspring in the midst of the peoples; all who see them shall acknowledge them, that they are a people whom the Lord has blessed. I will greatly rejoice in the Lord,

my soul shall exult in my God;
for he has clothed me with the garments of salvation, he has covered me with the robe of righteousness, as a bride groom decks himself with a garland, and as a bride adorns herself with her jewels. For as the earth brings forth its shoots, and as a garden causes what is sown in it to spring up, so the Lord God will cause righteousness and praise to spring forth before all the nations. The word of the Lord.
Thanks be to God.

***Responsorial Psalm —
(I Samuel 2:1.4-5.6-7,
8abcd)***

R. My heart exults in the Lord, my Saviour.

My heart exults in the Lord; my strength is exalted in the Lord. My mouth derides my enemies, because I rejoice in your salvation. R.

The bows of the mighty are broken, but the feeble gird on strength. Those who were full have hired themselves out for bread, but those who were hungry have ceased to hunger. The barren has borne seven, but she who has many children is forlorn. R.



The Lord kills and brings to life; he brings down to Sheol and raises up. The Lord makes poor and makes rich; he brings low, he also exalts. *R.*

He raises up the poor from the dust; he lifts the needy from the dung heap, to make them sit with princes and inherit a seat of honour. *R.*

Acclamation (*Luke 2:19*)

Alleluia. Alleluia. Blessed is the Virgin Mary, who kept the word of God, and pondered it in her heart.
Alleluia.

Gospel ————— (*Luke 2:41-51*)

A reading from the holy Gospel according to Luke

The parents of Jesus went to Jerusalem every year at the feast of the Passover. And when he was twelve years old, they went up according to custom; and when the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it, but supposing him to be in the company they went a day's journey, and they sought him among their kinsfolk and acquaintances; and when they did not find him, they returned to Jerusalem, seeking him. After three days they found him in

the temple, sitting among the teachers, listening to them and asking them questions; and all who heard him were amazed at his understanding and his answers. And when they saw him they were astonished; and his mother said to him, “Son, why have you treated us so? Behold, your father and I have been looking for you anxiously.” And he said to them, “How is it that you sought me? Did you not know that I must be in my Father’s house?” And they did not understand the saying which he spoke to them. And he went down with them and came to Nazareth, and

was obedient to them and his mother kept all these things in her heart. The Gospel of the Lord. **Praise to you, Lord Jesus.**

Prayer over the Offerings

Look, O Lord, upon the prayers and offerings of your faithful, presented in commemoration of Blessed Mary, the Mother of God, that they may be pleasing to you and may confer on us your help and forgiveness. Through Christ our Lord. **Amen.**

Communion Antiphon

(Lk 2:19) **Mary treasured all these things, reflecting on them in her heart.**



Prayer after Communion

Having been made partakers of eternal redemption, we pray, O Lord, that we, who commemorate the Mother of your Son, may

glory in the fullness of your grace and experience its continued increase for our salvation. Through Christ our Lord. **Amen.**

Patience in Suffering

Commentary

Luke 2: 41-51

Jesus, in today's Gospel, behaved like any other adventuring twelve year old, but Mary for love of her son took the pain to search for Him and in finding Him did not scold or spank Him but was patient to accept the incomprehensible response she received. Mary is the epitome of all virtues, who remained patient, loving and trusting even as her heart was pierced with the sword of suffering. She pondered everything in her heart. In emulation, may we remain patient and loving in adversity of any kind.

Rev. Sr. Mary Clare, Nigeria



Publisher: Cédric BLOQUET

Publishing & Development Manager

Editor in Chief: Rev. Fr. François NZANZU a.a.

Assistant: Rev. Fr. Jean-Claude DIWEDIGA a.a.

Editorial Secretary: Virginia KABUGU

Graphic designer: Naomi SAWADOGO

Ghana Coordinator: Rev. Fr. Dennis OPOKU;

Associate Publishers: Fr. Walter Ihejirika, Regional Coordinator, LWC Nigeria,

Other Contributors:

Rev. Fr. Jérôme K. M. KOMBI; Rev. Sr. Mary CLARE.

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ISSN: 2424-7464 ; **Contact:** Living With Christ

Rue E104, Lot 1076 Ilot 116 - Cocody Riviera 3 Abidjan , Côte d'Ivoire

Address: P.O. BOX 08 BP 2469 Abidjan 08 -

Phone number : (+225) 25 22 02 11 11 -

E-mail: info@livingwithchrist-africa.com





WhatsApp : [+225 05 94 79 75 68 / +254727074304](https://www.whatsapp.com/chat?phone=2250594797568)



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