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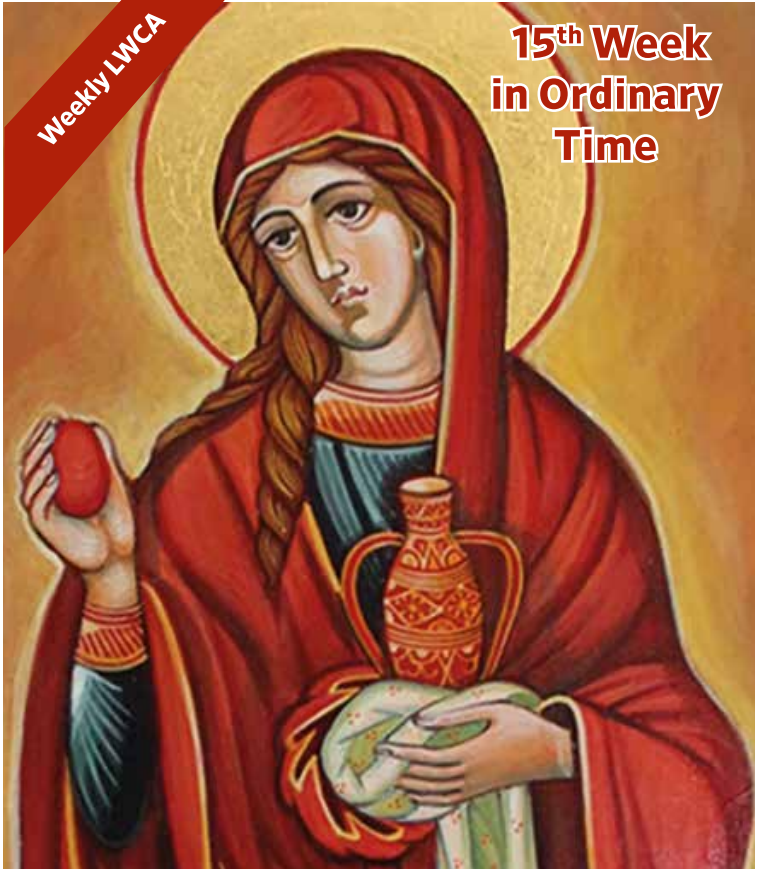
# Living with Christ

GROWING UP DAILY WITH THE GOOD NEWS

Weekly LWCA

15<sup>th</sup> Week  
in Ordinary  
Time

bayard africque



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#### **Liturgical texts:**

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**On our cover:** Saint Mary Magdalene

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# Editorial

July 2023



Rev. Fr. Francis GAVE  
Accra- Ghana

## A Call to Witness

**T**his week we celebrate the memorial of Saint Mary of Magdala who is described as the Apostle to the Apostles. The celebration of the saints is an invitation to emulate them. In Saint Mary of Magdala, we reflect on the riches of love, faith and hope. In the theological virtues, our Lord has entrusted to Mary the mission to announce the resurrection to other disciples. Mission is born out of the virtues we have received from Christ and the desire to share with others. Like Mary of Magdala, we must let others know about the Risen Christ.

Christ becomes the Sower who sows seeds of God's Word in the world as we proclaim him to others. The seed of the Word of God is nurtured in our hearts to bear fruit. The growth of the seed may be impeded by the evil one, hence there must be human effort with the grace of God for the productive growth of the Seed to abundant good fruits.

Necessary for productive growth of the seed of the Word of God is genuine peace that can only be attained through Jesus Christ, the Prince of peace.



# The Pope's Prayer Intention

***For a Eucharistic life :*** We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.

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

### **The Liturgy of the Eucharist: the Offertory and the Prayer over the Offerings**

**T**he Liturgy of the Eucharist is the second part of the Eucharistic celebration. It consists of various elements: the preparation of the gifts, the prayer over the offerings, the Eucharistic prayer and the communion rite.

According to the Roman Missal, the Liturgy of the Eucharist starts with the offertory song. But in some parishes, before the offering chant, the commentator provides the faithful with some explanations and commentaries in order to introduce them to the second part of Eucharistic celebration.

During Sunday Masses and some liturgical feasts in Africa, a procession is organised during the offertory. It starts at the back of the Church. Some chosen faithful bring forward bread, wine and other gifts. Bread and wine are placed on the altar whereas other gifts are placed in a suitable place. During the offertory song, the ministers (acolytes and deacons) prepare the altar

placing on it the corporal, the purificator, the chalice and the missal.

After the altar has been prepared by the acolyte or the deacon or the celebrant himself, he takes the paten with the bread and holds it slightly raised above the altar with both hands. And according to the Roman Missal, he says in a low voice: *Blessed are you, Lord God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life.*

After this prayer, the deacon or the priest pours a little water in the chalice, he says quietly: *By the mystery of this water and wine may we come to share in the divinity of Christ who humbled himself to share in our humanity. Then the priest takes the chalice and holds it slightly raised above the altar with both hands saying in low voice: Blessed are you, Lord God of all creation, for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands, it will become for us the bread of life.*

After this prayer, the priest bows profoundly saying: *With humble spirit and contrite heart may we be accepted by you, O Lord, and may our sacrifice in your sight this day be pleasing to you, Lord God.* Then the priest prays quietly saying: *wash me, O Lord, from my iniquity and cleanse me from my sin.* Then he invites the faithful to pray so that his sacrifice and theirs may be acceptable to God.

After the response of the faithful, the celebrant sings or recites the prayer over the offerings. It is generally a recognition of God's generosity to humankind as all the gifts that the assembly offers come from Him. The general instruction of the Roman Missal insists on the fact that only one prayer on the offerings is said at Mass. Unlike the collect that must end with a long doxology (*Through Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God for ever and ever*), the prayer over the offerings ends with a short one: *Through Christ our Lord.*

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



# Sunday July 16

## 15<sup>th</sup> Sunday in Ordinary Time

*Isaiah 55: 10-11 / Psalm (64) 65: 10, 11, 12-13, 14 (Lk 8:8) /  
Romans 8: 18-23 / Matthew 13: 1-23*



Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. He who has ears, let him hear.”  
(Matthew 13:23)





## *Be Determined to Make it*

**T**oday's Gospel presents us with the parable of the sower. The text presents us with three key elements: a sower, a seed and four different soils (pathy, rocky, thorny and good soil). I would want to approach this text from a different perspective by relating it to life.

1. Why did some seeds fall into pathy, rocky or thorny soils?
2. Did the sower bother to take the seeds that fell into the grounds as presented in (1)?
3. Provided that the sower did not take the seeds as presented in (1), would it be their "fault" for not thriving?
4. Again, will the sower not be giving undue advantage to the good soil on the basis of where the seed fell & an undue disadvantage to the others on where they fell (path, rock and thorns)? Remember that the seeds that fell into pathy, rocky or thorny soils could have also made it if they had landed on good soils.

In life, you may not have the best of things. You may come from a poor background. You might have failed your examinations over and over. Your story might be miserable.



**Sunday July 16**

Things may not be working for you. You may find yourself in a very difficult situation (path, rocks or even thorns).

The fact of the matter is that, it is not where you find yourself which is important, but how you make it irrespective of your unpleasant situation. It is possible to have a good beginning (good soil), but if you do not make the best out of it, you would have yourself to blame.

In this life, there are millions of people who started from the scratch with nothing and now have something. In their nothingness, they didn't give up, but kept working harder and harder till they reached their current state.

Once again, be determined to make it no matter what because that is what the Sower (GOD) expects of you. The question is, what are you to do in order to make it? I propose the following: Discipline, Focus, Prayer, Perseverance, Dedication, Commitment and Hard work.

***Rev. Fr. Elvis MENSAH, Accra-Ghana***



**Entrance Antiphon** (*Psalm (15) 16:15*)

**As for me, in justice I shall behold your face; I shall be filled with the vision of your glory.**

**Collect**

O God, who show the light of your truth to those who go astray, so that they may return to the right path; give all who for the faith they profess are accounted Christians the grace to reject whatever is contrary to the name of Christ, and strive after all that does it honour. Through Christ our Lord. **Amen.**

**First Reading** (*Isaiah 55:10-11*)

**A reading from the Book of the prophet Isaiah**

Thus says the Lord: “As the rain and the snow come down from heaven, and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes forth from my mouth; it shall not return to me empty, but it shall accomplish that which I intend, and prosper in the thing for which I sent it.”

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



Sunday July 16

**Responsorial Psalm** \_\_\_\_\_  
**(Psalm (64) 65:9abcd.9e-10.11-12.13)**

The seed that fell on good soil pro - duced a  
hun-dred fold.

**R.** The seed that fell into good soil yielded a hundredfold.

You visit that earth, give it water;  
you fill it with riches.  
God's ever-flowing river brims over  
to prepare the grain. **R.**

And thus you provide for the earth:  
you drench its furrows;  
you level it, soften it with showers;  
you bless its growth. **R.**

You crown the year with your bounty.  
Abundance flows in your pathways;



in pastures of the desert it flows. R.  
The hills are girded with joy.  
The meadows clothed with flocks.  
The valley are decked with wheat.  
They shout for joy; yes, they sing! R.

### ***Second Reading (Romans 8:18-23)***

#### **A reading from the Letter of saint Paul to the Romans**

Brethren: I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. For the creation waits with eager longing for the revealing of the sons of God; for the creation was subjected to futility, not of its own will but by the will of him who subjected it in hope; because the creation itself will be set free from its bondage to decay and obtain the glorious liberty of the children of God. We know that the whole creation has been groaning with labour pains together until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait for adoption as sons, the redemption of our bodies.

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



Sunday July 16

## Acclamation

**Alleluia. Alleluia.** The seed is the word of God, and the sower is Christ; all who find him abide for ever. **Alleluia.**

## *Gospel (Matthew 13:1-23)*

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### A reading from the holy Gospel according to Matthew

\*That same day Jesus went out of the house and sat beside the sea. And great crowds gathered about him, so that he got into a boat and sat there; and the whole crowd stood on the beach. And he told them many things in parables, saying: “A sower went out to sow. And as he sowed, some seeds fell along the path, and the birds came and devoured them. Other seeds fell on rocky ground, where they had not much soil, and immediately they sprang up, since they had no depth of soil, but when the sun rose they were scorched; and since they had no root they withered away. Other seeds fell upon thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. He who has ears, let him hear.” \*

Then the disciples came and said to him, “Why do you speak to them in parables?” And he answered them, “To you it has been given to know the secrets of the kingdom of heaven, but to them it has not been given. For to him who has will more be given, and he will have abundance;



but from him who has not, even what he has will be taken away. This is why I speak to them in parables, because seeing they do not see, and hearing they do not hear, nor do they understand. With them indeed is fulfilled the prophecy of Isaiah which says: 'You shall indeed hear but never understand, and you shall indeed see but never perceive. For this people's heart has grown dull, and their ears are heavy of hearing, and their eyes they have closed, lest they should perceive with their eyes, and hear with their ears, and understand with their heart, and turn for me to heal them.' But blessed are your eyes, for they see, and your ears, for they hear. Truly, I say to you, many prophets and righteous men longed to see what you see, and did not see it, and to hear what you hear, and did not hear it. "Hear then the parable of the sower. When any one hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in his heart; this is what was sown along the path. As for what was sown on rocky ground, this is he who hears the word and immediately receives it with joy; yet he has no root in himself, but endures for a while, and when tribulation or persecution arises on account of the word, immediately he falls away. As for what was sown along thorns, this is he who hears the word, but the cares of the world and the delight in riches choke the word, and it proves unfruitful. As for what was sown on good soil, this is he who hears



**Sunday July 16**

the word and understands it; he indeed bears fruit, and yields, in one case a hundredfold, in another sixty, and in another thirty.”

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

### **Prayer of the Faithful**

*The following intentions are suggestions only.*

℟. **Lord, hear us !**

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

For a closer relationship and personal experience with Christ, let us pray to the Lord our God. ℟.

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. ℟.

For peace, mercy, hospitality, security and the end of conflicts and terrorism in the world. Let us pray to the Lord our God. ℟.





## Prayer over the Offerings

Look upon the offerings of the Church, O Lord, as she makes her prayer to you, and grant that, when consumed by those who believe, they may bring ever greater holiness. Through Christ our Lord. **Amen.**

## Communion Antiphon (*Psalm (82) 83:4-5*)

**The sparrow finds a home, and the swallow a nest for her young, at your altars, O Lord of hosts, my king and my God. Blessed are they who dwell in your house, forever singing your praise.**

## Prayer after Communion

Having consumed these gifts, we pray, O Lord, that by our participation in this mystery, its saving effects upon us may grow. Through Christ our Lord. **Amen.**



# Monday July 17

15<sup>th</sup> week in Ordinary Time

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## Entrance Antiphon

*(Ps (15) 16: 15)* **As for me, in justice I shall behold your face; I shall be filled with the vision of your glory.**

## Collect

O God, who show the light of your truth to those who go astray, so that they may return to the right path; give all who for the faith they profess are accounted Christians the grace to reject whatever is contrary to the name of Christ, and strive after all that does it honour. Through Christ our Lord. **Amen.**

## Reading

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*(Exodus 1:8-14.22)*

**A reading from the Book of Exodus**

In those days: There arose a new king over Egypt, who did not know Joseph. And he said to his people, “Behold, the sons of Israel are too many and too mighty for us. Come, let us deal shrewdly with them, lest they multiply, and, if war befall us, they join our enemies and fight against us and escape from the land.” Therefore they set taskmasters over them and afflict them with heavy burdens; and they built



for Pharaoh store-cities, Pithom and Ra-amses. But the more they were oppressed the more they multiplied and the more they spread abroad. And the Egyptians were in dread of the sons of Israel. So they made the people of Israel serve with rigour, and made their lives bitter with hard service, in mortar and brick, and in all kinds of work in the field; in all their work they made them serve with rigor. And Pharaoh commanded all his people, “Every son that is born to the Hebrews you shall cast into the Nile, but you shall let every daughter live.” The word of the Lord. **Thanks be to God.**

**Responsorial Psalm**——  
**(Psalm (123) 124)**

**R. Our help is in the name of the Lord.**

“If the Lord had not been on our side,” let Israel say – “If the Lord had not been on our side when men rose against us, then would they have swallowed us alive when their anger was kindled.” R.

“Then would the waters have engulfed us, the torrent gone over us; over our head would have swept the raging waters.” Blest be the Lord who did not give us a prey to their teeth! R.

Our life, like a bird, has escaped from the snare of the fowler. Indeed the snare has been broken, and we have escaped. Our help is in



Monday July 17

the name of the Lord, who made heaven and earth. R.

### **Acclamation**

*(Matthew 5:10)*

**Alleluia. Alleluia.** Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. **Alleluia.**

### **Gospel**

*(Matthew 10: 34-11:1)*

**A reading from the holy Gospel according to Matthew**

At that time: Jesus said to his apostles, "Do not think that I have come to bring peace on earth; I have not come to bring peace, but a sword. For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-

law; and a man's foes will be those of his own household. He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; and he who does not take his cross and follow me is not worthy of me; and he who finds his life will lose it, and he who loses his life for my sake will find it. He who receives you receives me, and he who receives me receives him who sent me. He who receives a prophet because he is a prophet shall receive a prophet's reward, and he who receives a righteous man because he is a righteous man shall receive a righteous man's reward.



And whoever gives to one of these little ones even a cup of cold water because he is a disciple, truly, I say to you, he shall not lose his reward." And when Jesus had finished instructing his twelve disciples, he went on from there to teach and preach in their cities.

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

### **Prayer over the Offerings**

Look upon the offerings of the Church, O Lord, as she

makes her prayer to you, and grant that, when consumed by those who believe, they may bring ever greater holiness. Through Christ our Lord. **Amen.**

### **Communion Antiphon**

*(Ps (82) 83)* **The sparrow finds a home, and the swallow a nest for her young, at your altars, O Lord of hosts, my king and my God. Blessed are they who dwell in your house, forever singing your praise.**

### Prayer after Communion

Having consumed these gifts, we pray, O Lord, that by our participation

in this mystery, its saving effects upon us may grow. Through Christ our Lord. **Amen.**

## Our Help Is in the Name of the Lord

## Commentary

Psalm 124:1-3.4-6.7-8

Today's response to the psalm reads, "OUR HELP IS IN THE NAME OF THE LORD." Indeed, the Lord is our helper. He has always been our helper and forever will He be our helper. The problem is not with the Lord's refusal to help us, but our stubbornness in seeking help from Him. If a creature like yourself can help you, what makes you think that the Creator can't do the same or even better? God the Father is ready to help you. Jesus wants to assist you. The Holy Spirit wants to aid you.

***Rev. Fr. Elvis MENSAH, Accra-Ghana***



# Tuesday July 18

15<sup>th</sup> week in Ordinary Time

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## Entrance Antiphon

*(Ps (15) 16: 15)* **As for me, in justice I shall behold your face; I shall be filled with the vision of your glory.**

## Collect

O God, who show the light of your truth to those who go astray, so that they may return to the right path; give all who for the faith they profess are accounted Christians the grace to reject whatever is contrary to the name of Christ, and strive after all that does it honour. Through Christ our Lord. **Amen.**

## Reading ---

***(Exodus 2:1-15a)***

**A reading from the Book of Exodus**

In those days: A man from the house of Levi went and took to wife a daughter of Levi. The woman conceived and bore a son; and when she saw that he was a goodly child, she hid him three months. And when she could hide him no longer she took for him a basket made of bulrushes, and daubed it with bitumen and pitch; and she put the child in it and placed it among the reeds at the river's brink. And his sister stood

at a distance, to know what would be done to him. Now the daughter of Pharaoh came down to bathe at the river, and her maidens walked beside the river; she saw the basket among the reeds and sent her maid to fetch it. When she opened it she saw the child; and behold, the baby was crying. She took pity on him and said, "This is one of the Hebrews' children." Then his sister said to Pharaoh's daughter, "Shall I go and call a nurse from the Hebrew women to nurse the child for you?" And Pharaoh's daughter said to her, "Go." So the girl went and called the child's mother. And Pharaoh's daughter said to her, "Take this child away, and nurse him for me, and I will give you wages." So the

woman took the child and nursed him. And the child grew, and she brought him to Pharaoh's daughter, and he became her son; and she named him Moses, for she said, "Because I drew him out of the water." One day, when Moses had grown up, he went out to his people and looked on their burdens; and he saw an Egyptian beating a Hebrew, one of his people. He looked this way and that, and seeing no one he killed the Egyptian and hid him in the sand. When he went out the next day, behold, two Hebrews were struggling together; and he said to the man that did the wrong, "Why do you strike your fellow?" He answered, "Who made you a prince and a judge over us? Do you mean to kill me as



you killed the Egyptian?” Then Moses was afraid, and thought, “Surely the thing is known.” When Pharaoh heard of it, he sought to kill Moses. But Moses fled from Pharaoh, and stayed in the land of Midian.

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

***Responsorial Psalm —  
 (Psalm (68) 69)***

**R. You who are poor, seek  
 God, and your hearts will  
 revive.**

I have sunk into the mud of the deep, where there is no foothold. I have entered the waters of the deep, where the flood overwhelms me. R.

But I pray to you, O Lord, for a time of your

favour. In your great mercy, answer me, O God, with your salvation that never fails. R.

As for me in my poverty and pain, let your salvation, O God, raise me up. Then I will glorify him with thanksgiving. R.

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 own in their chains. R.

**Acclamation**  
*(Psalm (94) 95:7d.8a)*

**Alleluia. Alleluia.** Today, harden not your hearts, but listen to the voice of the Lord. **Alleluia.**

***Gospel*** —————  
***(Matthew 11:20-24)***

**A reading from the holy Gospel according to Matthew**

At that time: Jesus began to upbraid the cities where most of his mighty works had been done, because they did not repent. “Woe to you, Chorazin! Woe to you, Bethsaida: for if the mighty works done in you had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. But I tell you, it shall be more tolerable on the day of judgement for Tyre and Sidon than for you. And you Capernaum, will you be exalted to heaven? You shall be brought down to Hades. For if the mighty works done in you had been done in Sodom, it would have

remained until this day. But I tell you that it shall be more tolerable on the day of judgment for the land of Sodom than for you.

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

**Prayer over the Offerings**

Look upon the offerings of the Church, O Lord, as she makes her prayer to you, and grant that, when consumed by those who believe, they may bring ever greater holiness. Through Christ our Lord. **Amen.**

**Communion Antiphon**

*(Ps (82) 83)* **The sparrow finds a home, and the swallow a nest for her young, at your altars, O Lord of hosts, my king and my God. Blessed are they**



who dwell in your house,  
forever singing your praise.

### Prayer after Communion

Having consumed these gifts, we pray, O Lord, that

by our participation in this mystery, its saving effects upon us may grow. Through Christ our Lord. **Amen.**

## Commentary

### Called to Repentance

Matthew 11:20-24

Jesus is sad in today's Gospel. You may ask, why the anger of Jesus? The attitude of humanity! Many were the works that Jesus performed. Sadly, none of these works of Jesus would have an impact on people. It was as if nothing happened or touched them. They heard the Word, but hardened their hearts. They saw Jesus, but refused to believe in Him. They rejected Jesus. They failed to repent. Today, do not be like these people. The call is REPENT!

**Rev. Fr. Elvis MENSAH, Accra-Ghana**



# Wednesday July 19

15<sup>th</sup> week in Ordinary Time

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## Entrance Antiphon

*(Ps (15) 16: 15)* **As for me, in justice I shall behold your face; I shall be filled with the vision of your glory.**

## Collect

O God, who show the light of your truth to those who go astray, so that they may return to the right path; give all who for the faith they profess are accounted Christians the grace to reject whatever is contrary to the name of Christ, and strive after all that does it honour. Through Christ our Lord. **Amen.**

## Reading

***(Exodus 3:1-6.9-12)***

**A reading from the Book of Exodus**

In those days: Moses was keeping the flock of his father-in-law, Jethro, the priest of Midian; and he led his flock to the west side of the wilderness, and came to Horeb, the mountain of God. And the angel of the Lord appeared to him in a flame of fire out of the midst of a bush; and he looked, and behold, the bush was burning, yet it was not consumed. And

Moses said, “I will turn aside and see this great sight, why the bush is not burnt.” When the Lord saw that he turned aside to see, God called to him out of the bush, “Moses, Moses!” And he said, “Here am I.” Then he said, “Do not come near; put off your shoes from your feet, for the place on which you are standing is holy ground.” And he said, “I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.” And Moses hid his face, for he was afraid to look at God. The Lord said, “Now, behold, the cry of the sons of Israel has come to me, and I have seen the oppression with which the Egyptians oppress them. Come, I will send you to Pharaoh that you may

bring forth my people, the sons of Israel, out of Egypt.” But Moses said to God, “Who am I that I should go to Pharaoh, and bring the sons of Israel out of Egypt?” He said, “But I will be with you; and this shall be the sign for you, that I have sent you: when you have brought forth the people out of Egypt, you shall serve upon this mountain.” The word of the Lord.  
**Thanks be to God.**

***Responsorial Psalm*** —  
***(Psalm (102) 103)***

**R. The Lord is  
 compassionate and  
 gracious.**

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.

### **Acclamation**

*(Matthew 11:25)*

**Alleluia. Alleluia.** Blessed are you, Father, Lord of heaven and earth, that you have revealed to little ones the mysteries of the kingdom. **Alleluia.**

### **Gospel** ————— *(Matthew 11:25-27)*

**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.”

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

### **Prayer over the Offerings**

Look upon the offerings of the Church, O Lord, as she makes her prayer to you, and grant that, when consumed by those who believe, they may bring ever greater holiness. Through Christ our Lord. **Amen.**

### **Communion Antiphon**

*(Ps (82) 83)* **The sparrow finds a home, and the swallow a nest for her young, at your altars, O Lord of hosts, my king and my God. Blessed are they who dwell in your house, forever singing your praise.**

### Prayer after Communion

Having consumed these gifts, we pray, O Lord, that by our participation

in this mystery, its saving effects upon us may grow. Through Christ our Lord. **Amen.**

### Remove your "Sandals of Sin"

### Commentary

Exodus 3:1-6, 9-12

In today's first reading, the Lord tells Moses, "Put off the shoes from your feet."

You may ask, why the removal of Moses' sandals? Was Moses' sandals dirty? Could God not speak to Moses while Moses was still wearing sandals?

Today, the Lord is inviting you not just to remove your physical sandals, but your "sandal of sin:" Stealing, cheating, pornography, gossip, abortion, fornication," etc. After removing your sandal of sin through Confession, please do not go for it again.

**Rev. Fr. Elvis MENSAH, Accra-Ghana**





# Thursday July 20

15<sup>th</sup> week in Ordinary Time

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## **Ferial**

*Or: St Apollinarius, bishop, martyr, optional memorial*

### **Entrance Antiphon**

*(Ps (15) 16: 15)* **As for me, in justice I shall behold your face; I shall be filled with the vision of your glory.**

### **Collect**

O God, who show the light of your truth to those who go astray, so that they may return to the right path; give all who for the faith they profess are accounted Christians the grace to reject whatever is contrary to the name of Christ, and strive after all that does

it honour. Through Christ our Lord. **Amen.**

**Reading** —————  
**(Exodus 3:13-20)**

**A reading from the Book of Exodus**

In those days: [Hearing the voice of the Lord out of the midst of the bush,] Moses said to God, “If I come to the sons of Israel and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’

what shall I say to them?" God said to Moses, "I AM WHO I AM." And he said, "Say this to the sons of Israel, 'I AM has sent me to you.'" And God also said to Moses, "Say this to the sons of Israel, 'The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': this is my name for ever, and thus I am to be remembered throughout all generations. Go and gather the elders of Israel together and say to them, 'The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and of Jacob, has appeared to me, saying, "I have observed you and what has been done to you in Egypt; and I promise that

I will bring you up out of the affliction of Egypt, to the land of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites, a land flowing with milk and honey.'" And they will listen to your voice; and you and the elders of Israel shall go to the king of Egypt and say to him, 'The Lord, the God of the Hebrews, has met with us; and now, we beg you, let us go a three days' journey into the wilderness, that we may sacrifice to the Lord our God.' I know that the king of Egypt will not let you go unless compelled by a mighty hand. So I will stretch out my hand and strike Egypt with all the wonders

which I will do in it; after that he will let you go.”  
The word of the Lord.  
**Thanks be to God.**

***Responsorial Psalm*** —  
***(Psalm (104) 105)***

**R.** The Lord remembers his covenant forever  
**or: Alleluia.**

Give thanks to the Lord; proclaim his name. Make known his deeds among the peoples. Remember the wonders he has done, his marvels and his words of judgement. **R.**

He remembers his covenant forever: the promise he ordained for a thousand generations,

the covenant he made with Abraham, the oath he swore to Isaac **R.**

He gave his people great increase; he made them stronger than their foes, whose hearts he turned to hate his people, and to deal deceitfully with his servants. **R.**

Then he sent Moses his servant, and Aaron whom he had chosen. They performed God’s signs among them, and his wonders in the land of Ham. **R.**

**Acclamation**  
***(Matthew 11:28)***

**Alleluia. Alleluia.** Come to me, all who labour and are heavy laden, and I will give you rest, says the Lord. **Alleluia.**

***Gospel*** —————  
***(Matthew 11:28-30)***

**A reading from the holy Gospel according to Matthew**

At that time: Jesus declared, “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.**

**Prayer over the Offerings**

Look upon the offerings of the Church, O Lord, as she makes her prayer to you, and grant that, when consumed by those who believe, they may bring ever greater holiness. Through Christ our Lord.  
**Amen.**

**Communion Antiphon**

*(Ps (82) 83)* **The sparrow finds a home, and the swallow a nest for her young, at your altars, O Lord of hosts, my king and my God. Blessed are they who dwell in your house, forever singing your praise.**

**Prayer after Communion**

Having consumed these gifts, we pray, O Lord, that by our participation

in this mystery, its saving effects upon us may grow. Through Christ our Lord. **Amen.**

**Come to Jesus**

**Commentary**

**Matthew 11:28-30**

In the first line of today's Gospel, Jesus says, "Come to me, all who labour and are heavy laden and I will give you rest."

A key word in the above is "COME" which is a verb, an action. What it means is that, you must do whatever it'll take you to come to Jesus: If you'd have to crawl, come; if you'd have to jump, come; if you'd have to walk, come; if you'd have to hop, come; if you'd have to run, come. The word is COME!

***Rev. Fr. Elvis MENSAH, Accra-Ghana***



# Friday July 21

15<sup>th</sup> week in Ordinary Time

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## **Ferial**

*Or Lawrence of Brindisi, priest and doctor, Optional memorial*

### **Entrance Antiphon**

*(Cf Ps (15) 16: 15)* **As for me, in justice I shall behold your face; I shall be filled with the vision of your glory.**

### **Collect**

O God, who show the light of your truth to those who go astray, so that they may return to the right path; give all who for the faith they profess are accounted Christians the grace to reject whatever is contrary to the name of Christ, and strive after all that does it

honour. Trough Christ our Lord. **Amen.**

### **Reading** \_\_\_\_\_ *(Exodus 11:10-12:14)*

**A reading from the Book of Exodus**

In those days: Moses and Aaron did many wonders before Pharaoh; and the Lord hardened Pharaoh's heart, and he did not let the sons of Israel go out of his land. The Lord said to Moses and Aaron in the land of Egypt, "This

month shall be for you the beginning of months; it shall be the first month of the year for you. Tell all the congregation of Israel that on the tenth day of this month they shall take every man a lamb according to their fathers' houses, a lamb for a household; and if the household is too small for a lamb, then a man and his neighbour next to his house shall take according to the number of persons; according to what each can eat you shall make your count for the lamb. Your lamb shall be without blemish, a male a year old; you shall take it from the sheep or from the goats; and you shall keep it until the fourteenth day of this month, when the

whole assembly of the congregation of Israel shall kill their lambs in the evening. Then they shall take some of the blood, and put it on the two doorposts and the lintel of the houses in which they eat them. They shall eat the flesh that night, roasted; with unleavened bread and bitter herbs they shall eat it. Do not eat any of it raw or boiled with water, but roasted, its head with its legs and its inner parts. And you shall let none of it remain until the morning, anything that remains until the morning you shall burn. In this manner you shall eat it: your loins girded, your sandals on your feet, and your staff hand; and you shall eat it in haste. It is

the Lord's Passover. For I will pass through the land of Egypt that night, and I will strike all the first-born in the land of Egypt, both man and beast; and on all the gods of Egypt I will execute judgement: I am the Lord. The blood shall be a sign for you, upon the houses where you are; and when I see the blood, I will pass over you, and no plague shall fall upon you to destroy you, when I strike the land of Egypt. This day shall be for you a memorial day, and you shall keep it as a feast to the Lord; throughout your generations you shall observe it as an ordinance for ever."

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

**Responsorial Psalm —**  
**(Psalm (115) 116)**

**R. The cup of salvation I will raise; I will call on the name of the Lord.**

**or: Alleluia.**

How can I repay the Lord for all his goodness to me? The cup of salvation I will raise; I will call on the name of the Lord. R.

How precious in the eyes of the Lord is the death of his faithful. Your servant am I, the son of your handmaid; you have loosened my bonds. R.

A thanksgiving sacrifice I make; I will call on the name of the Lord. My vows to the Lord I will fulfil before all his people. R.



**Acclamation***(John 10:27)*

**Alleluia. Alleluia.** My sheep hear my voice, says the Lord; and I know them, and they follow me.  
**Alleluia.**

**Gospel** \_\_\_\_\_  
*(Matthew 12:1-8)*

**A reading from the holy Gospel according to Matthew**

At that time: Jesus went through the grain fields on the Sabbath; his disciples were hungry, and they began to pluck heads of grain and to eat. But when the Pharisees saw it, they said to him, “Look, your disciples are doing what is not lawful to do on the Sabbath.” He said to them,

“Have you not read what David did, when he was hungry, and those who were with him: how he entered the house of God and ate the showbread, which it was not lawful for him to eat nor for those who were with him, but only for the priests? Or have you not read in the law how on the Sabbath the priests in the temple profane the Sabbath, and are guiltless? I tell you, something greater than the temple is here. And if you had known what this means, ‘I desire mercy, and not sacrifice,’ you would not have condemned the guiltless. For the Son man is lord of the Sabbath.”

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

### **Prayer over the Offerings**

Look upon the offerings of the Church, O Lord, as she makes her prayer to you, and grant that, when consumed by those who believe, they may bring ever greater holiness. Through Christ our Lord. **Amen.**

### **Communion Antiphon**

*(Ps (82) 83)* **The sparrow finds a home, and the swallow a nest for her young, at your altars, O Lord of hosts, my king and my God. Blessed are they who dwell in your house, forever singing your praise.**

**Prayer after Communion**

Having consumed these gifts, we pray, O Lord, that by our participation

in this mystery, its saving effects upon us may grow. Through Christ our Lord. **Amen.**

**Enough of Others,  
more about Yourself****Commentary****Matthew 12:1-8**

“Your disciples are doing what is not lawful to do on the Sabbath.” This is a remark from the Pharisees to Jesus in today’s Gospel.

We live in a world in which some people are doing exactly what these Pharisees did. People are able to use their “bigger eyes” to identify the “minor errors” of people, yet they cannot use their own eyes to point out their own “major errors” which need attention. The point is this: enough of the other person, more about yourself.

***Rev. Fr. Elvis MENSAH, Accra-Ghana***



# Saturday July 22

15<sup>th</sup> week in Ordinary Time

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## *Feast*

**Saint Mary Magdalene, disciple of the Lord**

### **Entrance Antiphon**

*(Jn 20:17)* **The Lord said to Mary Magdalene: Go to my brothers and tell them: I am going to my Father and your Father, to my God and your God.**

### **Collect**

O God, whose Only Begotten Son entrusted Mary Magdalene before all others with announcing the great joy of the Resurrection, grant, we pray, that, through her intercession and example, we may proclaim the

living Christ and come to see him reigning in your glory. Who lives and reigns with you and the Holy Spirit one God for ever and ever. **Amen.**

### **Reading** --- *(2 Corinthians 5:14-17)*

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

Brethren: The love of Christ urges us on, because we are convinced that one has died for all; therefore

all have died. And he died for all, that those who live might live no longer for themselves but for him who for their sake died and was raised. From now on, therefore, we regard no one according to the flesh; even though we once regarded Christ according to the flesh, we regard him thus no longer. Therefore, if anyone is in Christ, he is a new creation; the old has passed away, behold, the new has come.

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

**Responsorial Psalm —**  
*(Psalm (62) 63:2.2-4.5-6.8-9)*

**R. For you my soul is  
 thirsting, O Lord, my God.**

O God, you are my God; at dawn I seek you; for you my soul is thirsting. For you my flesh is pining, like a dry, weary land without water. R.

I have come before you in the sanctuary, to behold your strength and your glory. Your loving mercy is better than life; my lips will speak your praise. R.

I will bless you all my life; in your name I will lift up my hands. My soul shall be filled as with a banquet; with joyful lips, my mouth shall praise you. R.

For you have been my strength; in the shadow of your wings I rejoice. My soul clings fast to you; your right hand upholds me. R.

## **Acclamation**

**Alleluia. Alleluia.** O Mary, tell us what you saw along the way. The tomb I saw of the living Christ, and the glory of the Risen One. **Alleluia.**

## **Gospel** \_\_\_\_\_ **(John 20:1-2.11-18)**

**A reading from the holy Gospel according to John**

Now on the first day of the week, Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had

been taken away from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." But Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid him." Saying this, she turned round and saw Jesus standing, but she did

not know that it was Jesus. Jesus said to her, “Woman, why are you weeping? Whom do you seek?” Supposing him to be the gardener, she said to him, “Sir, if you have carried him away, tell me where you have laid him, and I will take him away.” Jesus said to her, “Mary.” She turned and said to him in Hebrew, “Rabboni!” (which means Teacher). Jesus said to her, “Do not hold me, for I have not yet ascended to the Father and your Father, to my God and your God.” Mary Magdalene went and said to the disciples, “I have seen the Lord”; and she told them that he had said these things to her.

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

### **Prayer over the Offerings**

Accept, O Lord, the offerings presented in commemoration of Saint Mary Magdalene, whose homage of charity was graciously accepted by your Only Begotten Son. Who lives and reigns for ever and ever. **Amen.**

### **Communion Antiphon**

*(2 Cor 5:14.15)* **The love of Christ impels us, so that those who live might live no longer for themselves, but for him who died for them and was raised.**

**Prayer after Communion**

May the holy reception of your mysteries, Lord, instill in us that persevering love with which Saint Mary

Magdalene clung resolutely to Christ her Master. Who lives and reigns for ever and ever. **Amen.**

**Proclaim  
the Resurrection****Commentary****John 20:1-2.11-18**

Do you know that the first person to proclaim the resurrection was a woman? Yes! Not even the Apostles, but a fortunate woman. This is St. Mary of Magdala, a woman whose Feast is celebrated today. Today, she is telling you to imitate her, to proclaim the resurrection, to tell humanity that Jesus is alive.

***Rev. Fr. Elvis MENSAH, Accra-Ghana***





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