

SUNDAY *Plus*

12th Sunday in Ordinary Time **Divine Office Week IV** Year A

Day for Life

Be strong

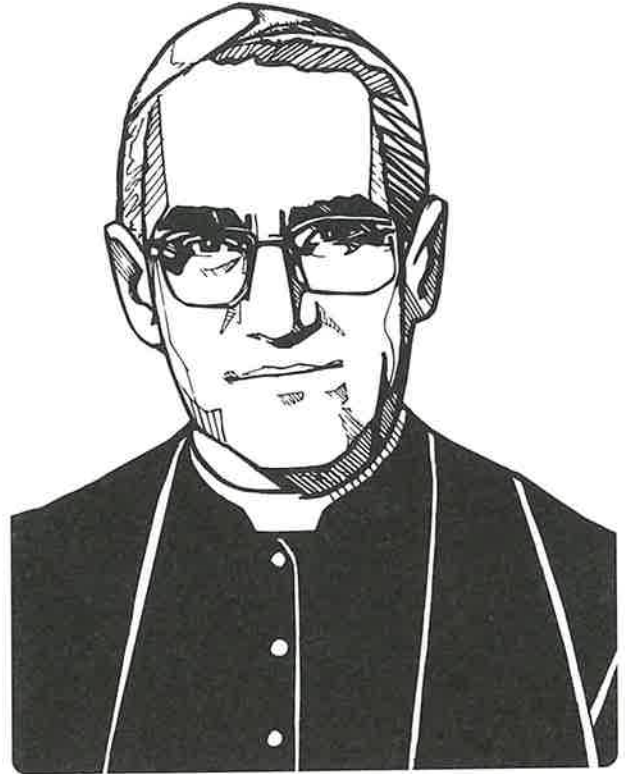
The hour has come for the Son of Man to be glorified. I assure you, unless the grain of wheat falls to the ground and dies, it remains infertile. But if it dies, it produces a great yield. Those who love their own life lose it; those who hate themselves in this world will be preserved for life eternal. Let whoever wants to serve me, follow me; and my servant will be where I am. Whoever serves me will be rewarded by my Father...

You have just heard Christ's Gospel... that one must not love oneself so much as to avoid getting involved in the risks of life which history demands of us, that those who would avoid the danger will lose their life, while those who out of love for Christ give themselves to the service of others will live, like the grain of wheat that dies, but only apparently. If it did not die, it would remain alone. The harvest comes

about because it dies, allows itself to be sacrificed in the earth and destroyed. Only by destroying itself does it produce the harvest...

This holy Mass, the Eucharist, is itself an act of faith. With Christian faith we know that at this moment the wheat host is changed into the body of the Lord who offered himself for the world's redemption and in that chalice the wine is transformed into the blood that was the price of salvation. May this body immolated and this blood sacrificed for humans nourish us also, so that we may give our body and our blood to suffering and to pain – like Christ, not for self, but to impart notions of justice and peace to our people.

St Oscar Romero was assassinated in El Salvador's cathedral as he finished giving this homily on 24 March 1980.




Let us go to Jesus. He can heal us. He can revive us. Jesus is our hope!

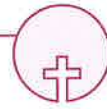
Pope Leo XIV

Prayer for Good Humour

Grant me, oh Lord, good digestion, and also something to digest.
Grant me a healthy body, and the necessary good humour to maintain it.
Grant me a simple soul that knows to treasure all that is good and that doesn't frighten easily at the sight of evil, but rather finds the means to put things back in their place.
Give me a soul that knows not boredom, grumbles, sighs, and laments, nor excess of stress, because of that obstructing thing called "I."
Grant me O Lord, a good sense of humour, Allow me the grace to be able to take a joke to discover in life a bit of joy, and to be able to share it with others.

St Thomas More

God of truth and mercy, calm my fears. Help me to proclaim your light boldly, trusting in your care. May I never forget that I am precious in your sight.  Amen.



Feast of the week Monday 22 June

Ss John Fisher and Thomas More (d. 1535)

Saints John Fisher and Thomas More are the best-known English Catholic martyrs who died for their faith during the reign of King Henry VIII. John Fisher, Bishop of Rochester, was a brilliant theologian and the only English bishop to oppose Henry's divorce from Catherine of Aragon. Thomas More, a respected lawyer, humanist, and Lord Chancellor, also refused to accept the king's claim as head of the Church in England. Both men were known for their integrity, intellect and unwavering commitment to the Church. They rejected the Act of Supremacy, which required allegiance to the king over the pope, and were imprisoned in the Tower of London. Despite pressure and promises of royal favour, they stood firm in their beliefs. Fisher was executed on 22 June 1535, and More followed on 6 July 1535. Canonised in 1935, they are honoured as symbols of conscience, courage, and fidelity to the truth of faith.

READINGS

Today:
Jeremiah 20:10-13
Romans 5:12-15
Matthew 10:26-33

Monday:
2 Kings 17:5-8, 13-15, 18
Matthew 7:1-5

Tuesday:
2 Kings 19:9-11, 14-21, 31-35, 36
Matthew 7:6, 12-14

Wednesday:
2 Kings 19:9-11, 14-21, 31-35, 36
Matthew 7:6, 12-14

Thursday:
2 Kings 24:8-17
Matthew 8:18-22

Friday:
2 Kings 25:1-12
Matthew 8:1-4

Saturday:
Lamentations 2:2, 10-14, 18-19
Matthew 8:5-17

Next Sunday:
Acts 12:1-11
2 Timothy 4:6-8, 17-18
Matthew 16:13-19