With open hearts

SUNDAY Plus

22 NOVEMBER 2026

Our Lord Jesus Christ, King of the Universe **Divine Office Week II** Year A

E&W: Youth Day

King of our hearts

Jesus was to rejoin his Father [at his ascension] and the eyes of men would see him no more. But, although he had gone, his message remained, the message which he had commanded the disciples to preach. In a very few generations, like the small seed in the Gospel parable, the good grain of his teaching had been sown throughout the countries of the Empire, and it was to give a miraculous harvest. The teaching of the vanquished conquered the world in less than three hundred years.

He did not leave only his teaching behind him when he ascended into heaven. Most men who leave the world leave no more than a memory, perhaps a few words written down or repeated so that when we try even the greatest of them from the work or the teaching they leave behind, they seem somehow fossilised, lacking the breath of life. But what remains of the living God is not only his teaching but his presence…

The German historian Wellhausen said, "the career of Jesus leaves the impression, not merely of being incomplete, but of having been interrupted when it had hardly begun." On the human plane, this may have been so, but this "career" was of those which neither opposition nor death could interrupt: it was to go on forever in the heart of those who know him…

And so, the history of the living God becomes the prologue to that of the "Mystical Body" animated by his presence, that tremendous reality engraved upon the heart of the centuries, the Church of Jesus Christ.

Henri Daniel-Rops,
Jesus in His Time



It is truly beautiful, especially at a young age, to open wide your hearts, to allow [God] to enter, and to set out on this adventure with him towards eternity.

Pope Leo XIV

Young missionaries

Dear young people, with the help of the Holy Spirit, you can become missionaries of Christ in the world. Many of your peers are exposed to violence, forced to use weapons, separated from their loved ones, and compelled to migrate or flee. Many lack education and other essential goods. All share with you the search for meaning and the insecurity that accompanies it, the discomfort of growing social and work pressures, the difficulty of dealing with family crises, the painful feeling of a lack of opportunities, as well as the remorse for mistakes they have made. You can stand alongside other young people, walk with them and show that God, in Jesus, has drawn close to each person. As Pope Francis often said, "Christ shows that God is closeness, compassion and tender love".

Pope Leo XIV

Jesus, Lord, you are the king and centre of my heart. ✝ Amen.

Feast of the week
Sunday 22 November

St Cecilia (early third century: dates unclear)

St Cecilia, patron saint of music and musicians, offers a radiant witness of faith expressed through beauty and courage. Though little is known historically, tradition tells us she sang to God in her heart even as she faced martyrdom. Cecilia's story reminds us that music is not mere art: it is prayer, proclamation and resistance. In a world of noise, she teaches us to listen for the Spirit's melody and to respond with lives that sing of grace. Her feast invites us to honour those who lead us in worship through music, and to reflect on how our own voices, whether speaking or singing, can become instruments of peace. As Cecilia remained faithful to Christ through suffering, may we remain faithful in our daily song of love and justice. St Cecilia, pray for us, that we may live in tune with heaven's hope. Amen.

READINGS

Today:
Ezekiel 34:11-12. 15-17
1 Corinthians 15:20-26. 28
Matthew 25:31-46

Monday:
Apocalypse 14:1-5
Luke 21:1-4

Tuesday:
Apocalypse 14:14-19
Luke 21:5-11

Wednesday:
Apocalypse 15:1-4
Luke 21:12-19

Thursday:
Apocalypse 18:1-2. 21-23; 19:1-3. 9
Luke 21:20-28

Friday:
Apocalypse 20:1-4. 11 – 21:2
Luke 21:29-33

Saturday:
Apocalypse 22:1-7
Luke 21:34-36

Next Sunday:
Isaiah 63:16b-17; 64:1. 3b-8
1 Corinthians 1:3-9
Mark 13:33-37

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