



THE LORD'S DAY AT HOME

TWELFTH SUNDAY IN ORDINARY TIME 21ST June 2020

If you are housebound or self-isolating at this time, please use these prayers to unite yourself with the worship of the Universal Church, and your own Parish, this Sunday. If alone, read or say these prayers quietly to yourself. If with another, or in a family, someone should read the "leader" parts, and others respond. It might be suitable to find a special, quiet place at home for your Sunday prayers.

SIGN OF THE CROSS

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

INTRODUCTION

Leader: We are back in "Ordinary Time" for our Sundays now – all the way to Advent! On these Sundays we will be reading through the Gospel of Saint Matthew week by week. Today we hear Jesus reminding us how much our God loves us, and encouraging us not to be afraid. We pray that we may always have confidence in God's love for us. We praise our God this Sunday as we say:

GLORIA

All: Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

OPENING PRAYER

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

All: Amen.

GOSPEL READING

Matthew 10:26-33

Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be

made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the housetops.

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

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

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ!

REFLECTION

Social media has expanded the ways in which we connect with each other, though sometimes not for the best! There can be the temptation to view our relationships in numbers – how many "friends" or "followers" do you have? Sometimes there can be an anonymity in these relationships: we don't really know anything about the people we "connect" with! How different is our God, who knows and values each one of us more than we can imagine: *"You are worth more than hundreds of sparrows!"* Sometimes we do not value life as we should – whether our own lives or the lives of others. To God our loving Father every single human life is of immense value, every person is loved, every hair on every head has been counted! Let us embrace god's love, and at the same time seek to value the lives of others more and more.

A THOUGHT FOR OUR YOUNGER FRIENDS

You have probably heard about (or even done some schoolwork on) slavery – a horrible thing, where people were bought and sold to work for others. It still happens today, sadly. How dreadful to put a price on someone! And yet, perhaps we still do this in a different way – we treat different people differently, as if some people are more "valuable" than others. Jesus tells us that God loves

each and every one of us equally, and that we are "worth" so much! Today is a day to be happy that God loves us, not to be afraid, and to do whatever we can to value other people.

PROFESSION OF FAITH

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

INTERCESSIONS

Leader: Jesus tells us not to be afraid: in confidence, therefore, let us pray for all the needs of the Church and the world.

Leader: We pray for the Church, especially for Pope Francis and our Bishop John; that they may lead us in truth and strength. Lord, in your mercy ...

All: **Hear our prayer.**

Leader: We pray for the world, wherever human lives are devalued or treated as commodities: that there may be an end to all injustice. Lord, in your mercy ...

All: **Hear our prayer.**

Leader: We pray for all who are victims of prejudice and discrimination, that the value of their lives in the eyes of God may be appreciated by all. Lord, in your mercy ...

All: **Hear our prayer.**

Please add your own prayers for the needs of the Church, the world and your local community. You may wish to add particular prayers for family members, friends or neighbours in need at this time.

THE LORD'S PRAYER

Leader: At the Saviour's command and formed by divine teaching, we dare to say:

All: **Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.**

Leader: Receive, O Lord, our prayers and praise and grant that, strengthened by your mercy, we may make the offering of a heart pleasing to you. Through Christ our Lord.

All: **Amen.**

PREPARATION FOR SPIRITUAL COMMUNION

Leader: Almighty Father, at the Last Supper with his Apostles, establishing for the ages to come the

saving memorial of the Cross, Jesus your Son offered himself to you as the unblemished Lamb, the acceptable gift of perfect praise. Nourishing your faithful by this sacred mystery, you make them holy, so that the human race, bounded by one world, may be enlightened by one faith and united by one bond of charity. Jesus showed the fullness of your love, as he gave his Body and Blood for his people. Even though we are not in Church, and not able to receive communion today, we open our minds and hearts now to your generous love and the gift of Jesus your Son, welcoming him spiritually into our lives.

SPIRITUAL COMMUNION

All: **My Jesus, I believe that you are present in the Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.**

Pause for a moment of silent prayer and reflection.

THANKSGIVING PSALM

Leader: In your great love, answer me, O Lord.

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

All: **In your great love, answer me, O Lord.**

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

All: **In your great love, answer me, O Lord.**

Leader: The poor when they see it will be glad
and God-seeking hearts will revive;
for the Lord listens to the needy
and does not spurn his servants in their chains.
Let the heavens and the earth give him praise,
the sea and all its living creatures.

All: In your great love, answer me, O Lord.

FINAL PRAYER AND BLESSING

Leader: Let us pray. Renewed and nourished by the Sacred Word and spiritual presence of your Son, we ask of your mercy, O Lord, that what we celebrate with constant devotion may be our sure pledge of redemption. Through Christ our Lord.

All: **Amen.**

Leader: May the Lord ✠ bless us, protect us from all evil, and bring us to everlasting life.

All: **Amen.**

Leader: Let us bless the Lord!

All: **Thanks be to God!**