

## The 3rd Sunday after Pentecost

21 June 2020

### Hymn

<https://www.youtube.com/watch?v=V33GhXK3OWw>

**O God beyond all praising, we worship you today  
and sing the love amazing that songs cannot repay;  
for we can only wonder at every gift you send,  
at blessings without number and mercies without end:  
we lift our hearts before you and wait upon your word,  
we honour and adore you, our great and mighty Lord.**

**Then hear, O gracious Saviour, accept the love we bring,  
that we who know your favour may serve you as our king;  
and whether our tomorrows be filled with good or ill,  
we'll triumph through our sorrows and rise to bless you still:  
to marvel at your beauty and glory in your ways,  
and make a joyful duty our sacrifice of praise.**

### THE INTRODUCTORY RITES

#### Entrance Antiphon

Cf. Ps. 28.8-9

The Lord is the strength of his people,  
a saving refuge for the one he has anointed.  
Save your people, Lord, and bless your heritage,  
and govern them for ever.

#### Greeting

✠ In the name of the Father, and of the Son, and of the Holy Spirit.  
**Amen.**

The Lord be with you.  
**And also with you.**

#### Penitential Act

Brothers and sisters, let us acknowledge our sins,  
and so prepare to celebrate the sacred mysteries.

**Silence**

Lord Jesus, you have shown us the way to the Father:  
Lord, have mercy.  
**Lord, have mercy.**

Lord Jesus, you have given us the consolation of the truth:  
Christ, have mercy.  
**Christ, have mercy.**

Lord Jesus, you are the Good Shepherd, leading us into everlasting life:

Lord, have mercy

**Lord, have mercy.**

**The presider says:**

May almighty God have mercy on us,  
forgive us our sins,  
and bring us to everlasting life. **Amen.**

Kyrie eleison. Christ eleison. Kyrie eleison.

### **Hymn of Praise**

**Glory to God in the highest,  
and peace to God's people on earth.**

**Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father,  
receive our prayer.**

**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.**

### **Collect**

Let us pray.

All-powerful God,  
in Jesus Christ you turned death into life,  
and defeat into victory:  
increase our faith and trust in him,  
that we may triumph over evil,  
in the strength of the same Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. **Amen.**

## THE LITURGY OF THE WORD

### First Reading

Genesis 21.8-21

A reading from the book of Genesis.

The child Isaac grew, and was weaned; and Abraham made a great feast on the day that Isaac was weaned. But Sarah saw the son of Hagar the Egyptian, whom she had borne to Abraham, playing with her son Isaac. So she said to Abraham, 'Cast out this slave woman with her son; for the son of this slave woman shall not inherit along with my son Isaac.' The matter was very distressing to Abraham on account of his son. But God said to Abraham, 'Do not be distressed because of the boy and because of your slave woman; whatever Sarah says to you, do as she tells you, for it is through Isaac that offspring shall be named after you. As for the son of the slave woman, I will make a nation of him also, because he is your offspring.' So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with the child, and sent her away. And she departed, and wandered about in the wilderness of Beer-sheba.

When the water in the skin was gone, she cast the child under one of the bushes. Then she went and sat down opposite him a good way off, about the distance of a bowshot; for she said, 'Do not let me look on the death of the child.' And as she sat opposite him, she lifted up her voice and wept. And God heard the voice of the boy; and the angel of God called to Hagar from heaven, and said to her, 'What troubles you, Hagar? Do not be afraid; for God has heard the voice of the boy where he is. Come, lift up the boy and hold him fast with your hand, for I will make a great nation of him.' Then God opened her eyes and she saw a well of water. She went, and filled the skin with water, and gave the boy a drink.

God was with the boy, and he grew up; he lived in the wilderness, and became an expert with the bow. He lived in the wilderness of Paran; and his mother got a wife for him from the land of Egypt.

For the word of the Lord,  
**thanks be to God.**

### Responsorial Psalm

Ps 86.1-10, 16-17

**℟. You, O Lord, are gracious and full of compassion**

- Bow down your ear, O LORD, and answer me,  
for I am poor and in misery.
- 2 Keep watch over my life, for I am faithful;  
save your servant who trusts in you.
- 3 Be merciful to me, O LORD, for you are my God;  
I call upon you all the day long. **℟.**
- 4 Gladden the soul of your servant,  
for to you, O LORD, I lift up my soul.
- 5 For you, O LORD, are good and forgiving,  
and great is your love towards all who call upon you. **℟.**
- 6 Give ear, O LORD, to my prayer,  
and attend to the voice of my supplications.
- 7 In the time of my trouble I will call upon you,

for you will answer me.

8 Among the gods there is none like you, O LORD,  
nor anything like your works. **R̄.**

9 All nations you have made will come and worship you, O LORD,  
and glorify your name.

10 For you are great; you do wondrous things;  
and you alone are God. **R̄.**

16 Turn to me and have mercy upon me;  
give your strength to your servant; and save the child of your handmaid.

17 Show me a sign of your favour,  
so that those who hate me may see it and be ashamed;  
because you, O LORD, have helped me and comforted me. **R̄.**

## Second Reading

Romans 6.1b-11

A reading from the letter of Paul to the Romans.

Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

For the word of the Lord,  
**thanks be to God.**

## Gospel Acclamation

John 1.14. 21

**Alleluia, alleluia!**

The Word was made flesh and lived among us;  
to all who did accept him he gave power to become children of God.

**Alleluia!**

## Gospel

Matthew 10.24-39

The Lord be with you.

**And also with you.**

✠ A reading from the holy Gospel according to Matthew.

**Glory to you, Lord Jesus Christ.**

Jesus summoned the twelve and sent them out with the following instruction: 'A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven.

Do not think that I have come to bring peace to the 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 one's foes will be members of one's own household. Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.'

For the Gospel of the Lord,  
**praise to you, Lord Jesus Christ.**

**Pause to reflect on the Word.**

## **Reflection**

**Fr Graeme Kaines**

### *Fear and Faith*

Fear is one of our most primitive instincts. It is felt by babies and elderly people as well as by a great cross-section of society. There is fear which is good. This fear can prevent us from tackling tasks which are too dangerous. However, some governments have been known to use fear to bolster a nation to dislike certain people who need or wish to enter Australia or to prejudice the nation against a perceived enemy nation overseas. As well there is our fear over the growing violence in our society.

Nearer ourselves, perhaps, we sometimes feel afraid of someone because of threats or general hostility. At the moment as we all cope with Covid 19 even in our streets or shopping aisles some people appear to be afraid when they approach in the opposite direction – what danger do I pose to their state of health? Future commitments can occasionally make us afraid because of the work or of the possible difficulties they pose.

Some people live in perpetual fear. Every moment of a day is filled with fear about something or someone. The noisy, assertive and aggressive society can cause or fuel such constant fear.

Jesus came among us and told us that there is nothing to fear. How could he say this and what, if any, effect does this have on our state of mind? Jesus assures that we have a God who actually and really cares about us deeply. He knows all about us and, and that means through and through. Even the hairs on our heads are counted by God. (This could make one reluctant to pull one's hair out!)

Whether or not Jesus' words make a difference to us will depend on our level of faith in him. When he says firmly, "Do not be afraid", does this reassure us at all? Someone who believes fervently that Jesus is a friend we can trust and we understand and accept that he

knows us through and through and that he loves us, can feel much stronger about the matters of life. It is not that Jesus erases our fears but he does prevent fear from paralyzing us.

Every time we come to Mass we are reassured of Jesus' love for us. The remembrance of his death and resurrection proves to us how much of a friend he is to us. It also proves that we no longer need to fear death. This particular fear can be a long-standing fear which troubles us deeply over too many decades of life. Our religion is much about eliminating that fear and containing other fears.

## **Profession of Faith**

Let us together affirm the faith of the Church:

**We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.  
Through him all things were made.  
For us and for our salvation,  
he came down from heaven;  
was incarnate of the Holy Spirit and the Virgin Mary  
and became truly human.**

**For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead,  
and his kingdom will have no end.**

**We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is worshipped and glorified,  
who has spoken through the prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism  
for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life for the world to come. Amen.**

## Prayers of the People

Pray for the world and for the church.

## Greeting of Peace

We are the body of Christ.

**God's Spirit is with us.**

The peace of the Lord be always with you.

**And also with you.**

## THE LITURGY OF THE EUCHARIST

When all is prepared, the Priest says,

Pray, brothers and sisters, that my sacrifice and yours  
may be acceptable to God, the Father almighty.

**May the Lord accept our sacrifice  
for the praise and glory of God's name,  
for our good, and the good of all God's holy Church.**

## Prayer over the Offerings

Living God,

receive all we offer you this day.

Grant that hearing your word and responding to your Spirit,  
we may share in your divine life.

We ask this in the name of Jesus Christ the Lord. **Amen.**

## The Eucharistic Prayer

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give him thanks and praise.**

We give you thanks and praise, almighty God,  
through your beloved Son, Jesus Christ,  
our Saviour and Redeemer.

He is your living Word,  
through whom you have created all things.

You sent him from heaven to take our flesh:  
born of the Holy Spirit and the Virgin Mary,  
he was revealed as your Son.

He lived and died as one of us,  
to reconcile us to you,  
the God and Father of all.

The Prayer of Hippolytus

In fulfilment of your will  
he stretched out his hands in suffering,  
to bring release to those who place their hope in you;  
and so he won for you a holy people.

He chose to bear our griefs and sorrows,  
and to give up his life on the cross,  
that he might break the chains of evil and death,  
and banish the darkness of sin and despair.

By his resurrection  
he brings us into the light of your presence.

Now with all creation we raise our voices  
to proclaim the glory of your name:

**Holy, holy, holy Lord, God of power and might  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

Holy and gracious God,  
accept our sacrifice of praise,  
through your Son our Saviour Jesus Christ;  
who on the night he was handed over  
to suffering and death,  
took bread and gave you thanks,  
saying to his disciples, 'Take, and eat:  
this is my body which will be given for you.'

In the same way he took the cup,  
saying, 'This is my blood which will be shed for you.  
When you do this, you do it in memory of me.'

In remembrance of his death and resurrection,  
with this bread and this cup,  
we give you thanks that you have counted us worthy  
|to stand in your presence and serve you.

Send your Holy Spirit upon the celebration of your Church:  
gather into one all who share in these holy mysteries,  
filling them with your Spirit  
and confirming them in the truth,  
that together we may praise you and give you glory  
through Jesus your servant.

All glory and honour are yours,  
Father and Son, with the Holy Spirit  
in the holy Church,  
now and for ever. **Amen.**



## THE COMMUNION RITE

### The Lord's Prayer

Let us pray with confidence to the Father  
in the words our Saviour against us:

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins,  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.**

Deliver us, Lord, we pray, from every evil,  
graciously grant peace in our days,  
that, by the help of your mercy,  
we may be always free from sin and safe from all distress,  
as we await the blessed hope  
and the coming of our Saviour, Jesus Christ.

**For the kingdom, the power, and the glory are yours,  
now and for ever. Amen.**

### The Breaking of the Bread

**The celebrant breaks the bread, saying –**

We break this bread to share in the body of Christ.  
We who are many are one body,  
**for we all share in the one bread.**

**While the bread is broken Agnus Dei is sung –**

**Lamb of God, you take away the sins of the world, have mercy on us.  
Lamb of God, you take away the sins of the world, have mercy on us.  
Lamb of God, you take away the sins of the world, grant us peace.**

### Act of Spiritual Communion

**St Alphonsus Liguori**

*My Jesus, I believe that you are present in the most Blessed Sacrament. I love you above all things and I desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. I embrace you as if you were already there, and unite myself wholly to you. Never permit me to be separated from you. Amen.*

### Music for Reflection

Hagar and the Angel **from** The Death of Klinghoffer **by** John Adams

<https://www.youtube.com/watch?v=XoMVSr0NEfI>

When Hagar was led into the wilderness with some bread and a bottle of water and her son, the Lord consoled Abraham, saying, 'Of this child too I will make a nation.'

It may be for this reason that our father turned and set his face toward his tents.

It was early in the day. Every few miles she stopped to rinse her mouth and give the child the breast. She was like one who walks across a room in a shuttered house naked and unwatched. She was newly manumitted. For a long time after, the bottle was empty. Hagar had milk for her son, and he nodded on her shoulder.

For a long time after, the bottle was empty, Hagar had milk for her son, and he nodded on her shoulder. For a long time after, after the boy looked at her and began crying, she carried him. When he was so weak that she had to bend her head to hear him, she said, 'My son will die as a free man on his own land, and put him down and turned her back. Then the angel struck open the abandoned well.

### **Communion Antiphon**

**Psalm 145.15**

The eyes of all look to you, Lord,  
and you give them their food in due season.

### **Prayer after Communion**

Almighty and eternal God,  
may we who have received this eucharist  
worship you in all we do,  
and proclaim the glory of your majesty.  
We ask this in the name of Jesus Christ the Lord. **Amen.**

### **Hymn**

**Shout for joy! The Lord has let us feast**

<https://www.youtube.com/watch?v=R0ILyCeUXRk>

**Shout for joy! The Lord has let us feast;  
Heaven's own fare has fed the last and least;  
Christ's own peace is shared again on earth;  
God the Spirit fills us with new worth.**

**No more doubting, no more senseless dread:  
God's good self has graced our wine and bread;  
all the wonder heaven has kept in store  
now is ours to keep for evermore.**

**Celebrate with saints who dine on high,  
witnesses that love can never die.  
'Hallelujah!' – thus their voices ring:  
nothing less in gratitude we bring.**

**Praise the Maker, praise the Maker's Son,  
praise the Spirit – three yet ever one;  
praise the God whose food and friends avow  
heaven starts here! The kingdom beckons now.**

## THE CONCLUDING RITES

### **Blessing and Dismissal**

The Lord be with you.

**And also with you.**

The peace of God,  
which passes all understanding,  
keep your hearts and minds in the knowledge and love of God,  
and of his Son, Jesus Christ our Lord;  
and the blessing of God almighty,  
the Father, the Son, ✠ and the Holy Spirit,  
be among you and remain with you always. **Amen.**

Go and announce the Gospel of the Lord.

**Thanks be to God.**