

*We Respond*

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**ENTRANCE ANTIPHON** (or a hymn) 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.

**RESPONSORIAL PSALM** (Ps 68)

**ANTIPHON:** Lord, in your great love, answer me.

**RESPONSE:** Lord, in your great love, answer me.

**LECTOR:** 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. **R.**

**LECTOR:** 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. **R.**

**LECTOR:** 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. **R.**

**GOSPEL ACCLAMATION** Alleluia, alleluia! The Spirit of Truth will bear witness to me, says the Lord, and you also will be my witnesses. Alleluia.

**COMMUNION ANTIPHON** (or a hymn) The eyes of all look to you, Lord, and you give them their food in due season.

Or

I am the Good Shepherd, and I lay down my life for my sheep, says the Lord.

**TODAY'S READINGS** Jer 20:10-13; Rom 5: 12-15; Mat 10: 26-33.

**NEXT WEEK** (13th Sunday Year A) 2 Kgs 4:8-11, 14-16: Ps 88: Rom 6:3-4, 8-11: Mt 10: 37-42.

*Brighten up  
your day with  
The Majellan*

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*Living life to  
the full*



21 June 2020 12th Sunday Year A

Walking down a quiet street one evening, from the opposite direction I see the outline of a stranger approach. I can't make out his or her features, but I quickly cross the road to avoid the person. My heart starts to race, and I become more and more anxious. As I reach the other side of the road I check to see if I'm being followed. I also listen for the other person's footsteps.

But no footsteps can be heard. No one is nearby. Apart from the street lights and the occasional car going past I am alone in the darkness. There is nothing to be afraid of. While no one has been following me, for a few short minutes my body was racked with fear.

Fear is part and parcel of life. It is a typical and reasonable emotion that allows us to sense and respond to a potentially dangerous situation, but it can also overwhelm us to the point that it hinders rather than assists us. At its worst, we can become an anxious mess, trapped by our own harmful and irrational thoughts.

These negative episodes can occur when we encounter people who look, behave and talk differently to us; when we encounter mother nature at its most ferocious during a storm, a flood or a prolonged heatwave; or if we gaze into the mirror and ponder the fragility of life. We don't know what's around the corner. Life can be frightening.

In today's fast paced, digital media world, we can experience feelings of being left behind or thoughts of exclusion because we falsely believe we can't keep up with our colleagues. We may feel we're not as successful because our workmates may be younger and more proactive. Getting out of bed and facing another day in the office can sometimes be akin to climbing a mountain, the task almost insurmountable.

These emotions can be frightful and may cause us to consider hiding from the rest of the world. To hide from meeting new people; to hide from doing something new and life giving; to hide from a new and potentially grace filled experience provided by family, friends, complete strangers. Even God.

But that is not what God intends for us. God wants us to live full and productive lives and not to hide away. "For everything that is now covered will be uncovered and everything now hidden will be made clear." (Matthew 10:26-33)

God is continually reshaping the world, both in the natural environment and in the people around us. God made a beautiful world. It is a world we should embrace with full abundance each day as we are all blessed by God's grace and unending love for us.

**Mark Chia CSsR**  
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