

Our Faith on Sunday

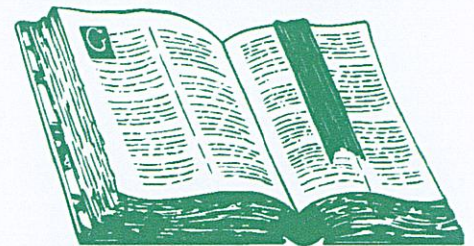
GOSPEL REFLECTION



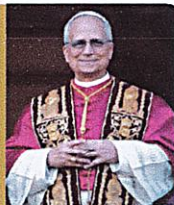
In the account of the multiplication of the loaves and the fish let's contrast the attitude of Jesus with that of his disciples. We can understand the mindset of the disciples when at the end of the day they suggest to Jesus that he send the crowds away. It seems as if

Jesus had completed his day's work and he could switch off and relax; as if now that his "professional" obligations were fulfilled he had the right to his own privacy. Jesus had done his "9 to 5" job of preaching the good news and healing the sick. He had every right to send the people home. But that is not what Jesus does. His ministry is not confined to a set of activities, a task to be carried out, a job to be done. He himself is the ministry and he is love. Very often our human way of seeing things is to separate what we are

from what we do. This is what makes hypocrisy possible: I can preach one thing but practice another. Externally I can tick all the right boxes but be full of envy, jealousy, spite on the inside. It is precisely in that moment when Jesus tells his disciples not to send the crowds away that he reveals once again that his whole being is nothing but love which is then expressed in his every word and deed. This is exactly what each one of us who call ourselves Christians is called to imitate. We are called not just to "act" as Christians but to "be" Christians.



POPE LEO XIV THE HOLY SEE APOSTOLIC EXHORTATIONS



A FEW ESSENTIAL WORDS

5. Love for the Lord, then, is one with love for the poor. The same Jesus who tells us, "The poor you will always have with you" (Mt 26:11), also promises the disciples: "I am with you always" (Mt 28:20). We likewise think of his saying: "Just as you did it to one of the least of these brothers and sisters of mine, you did it to me" (Mt 25:40). This is not a matter of mere human kindness but a revelation: contact with those who are lowly and powerless is a fundamental way of encountering the Lord of history. In the poor, he continues to speak to us.

Pope Francis Angelus 19 June 2022

Sometimes, there is the risk of confining the Eucharist to a vague, distant dimension, perhaps bright and perfumed with incense, but distant from the straits of everyday life. In reality, the Lord takes all our needs to heart, beginning with the most basic. [In the multiplication of the loaves and the fish] he wants to set the example for his disciples, by saying, "You give them something to eat" to those people who had listened to him during the day. Our Eucharistic adoration comes alive when we take care of our neighbour like Jesus does. There is hunger for food around us, but also for companionship; there is hunger for consolation, friendship, good humour; there is hunger for attention, there is hunger to be evangelized. We find this in the Eucharistic Bread — Christ's attention to our needs and the invitation to do the same toward those who are beside us. We need to eat and feed others.



ENTRANCE ANTIPHON

O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.

Ps 69: 2, 6

ACCLAMATION BEFORE THE GOSPEL

Alleluia, alleluia.

Matthew 4:4b

One does not live by bread alone,
but by every word that comes forth from the mouth of God.
Alleluia.

COLLECT

Draw near to your servants, O Lord,
and answer their prayers with unceasing kindness,
that, for those who glory in you as their Creator and guide,
you may restore what you have created
and keep safe what you have restored.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the

Holy Spirit,
God, for ever and ever.

Amen.**FIRST READING**

A reading from the Prophet Isaiah.

Isaiah 55:1-3

Thus says the Lord: 'Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; hear, that your soul may live; and I will make with you an everlasting covenant, my steadfast, sure love for David.'

The word of the Lord.

Thanks be to God.**PSALM**

Psalm 145(144):8-9. 15-16. 17-18. R. cf. 16

R. You open your hand and fulfil us, O Lord.

The LORD is kind and full of compassion,
slow to anger, abounding in mercy.
How good is the LORD to all,
compassionate to all his creatures.

The eyes of all look to you,
and you give them their food in due season.
You open your hand and satisfy
the desire of every living thing.

The LORD is just in all his ways,
and holy in all his deeds.
The LORD is close to all who call him,
who call on him in truth.

SECOND READING

A reading from the Letter of Saint Paul to the Romans.

Romans 8:35, 37-39

Brothers and sisters: Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

The word of the Lord.

Thanks be to God.**GOSPEL**

Matthew 14:13-21

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Matthew.

Glory to you, O Lord.

At that time: When Jesus heard of the death of John the Baptist, he withdrew in a boat to a desolate place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore he saw a great crowd, and he had compassion on them and healed their sick. Now when it was evening, the disciples came to him and said, 'This is a desolate place, and the day is now over; send the crowds away to go into the villages and buy food for themselves.' But Jesus said, 'They need not go away; you give them something to eat.' They said to him, 'We have only five loaves here and two fish.' And he said, 'Bring them here to me.' Then he ordered the crowds to sit down on the grass, and taking the five loaves and the two fish, he looked up to heaven and said a blessing. Then he broke the loaves and gave them to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children.

R. The Gospel of the Lord.**Praise to you, Lord Jesus Christ.****R. PRAYER OVER THE OFFERINGS**

Graciously sanctify these gifts, O Lord, we pray,
and, accepting the oblation of this spiritual sacrifice,
make of us an eternal offering to you.

R. Through Christ our Lord.**Amen.****COMMUNION ANTIPHON**

Wis 16: 20

You have given us, O Lord, bread from heaven,
endowed with all delights and sweetness in every taste.

PRAYER AFTER COMMUNION

Accompany with constant protection, O Lord,
those you renew with these heavenly gifts
and, in your never-failing care for them,
make them worthy of eternal redemption.

Through Christ our Lord.

Amen.