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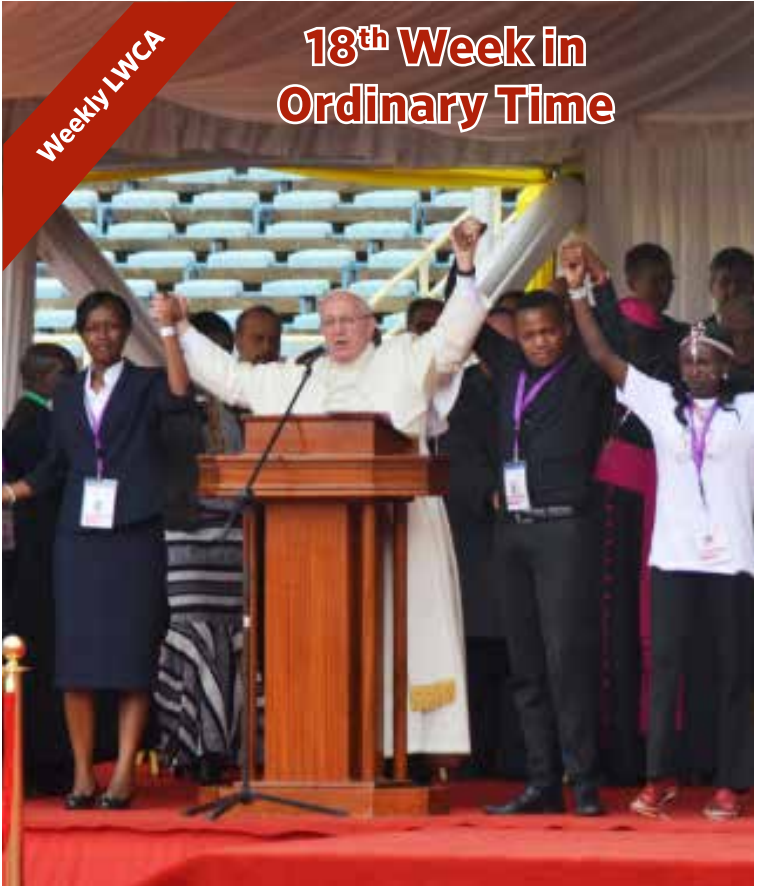
Living with Christ

GROWING UP DAILY WITH THE GOOD NEWS

Weekly LWCA

18th Week in Ordinary Time

bayard africque



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18th Week in Ordinary Time

Liturgical texts:

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On our cover: Pope Francis and youth in Nairobi

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Editorial

August 2023



Rev. Fr. François Nzanzu, a.a. Nairobi-Kenya

Listening to God's Beloved Son

We start this month of August with the Feast of the Transfiguration of the Lord, an event in which three of his Apostles: Peter, James and John had a very special privilege of seeing a glimpse of the glory of Jesus. It was a preview of the glory we all hope to share in heaven. They saw Moses and Elijah appear to them, and conversing with Jesus. Something else of great importance occurred on the mountain: They heard the voice of God the Father saying: “This is my beloved Son, listen to him.” Before this event, Simon Peter had declared that Jesus was the “Messiah”. However, when Jesus began to explain that he must undergo suffering and death and on the third day be raised to life, the Apostles could not understand.

God the Father knew that in order to fully understand and accept the teachings of His Son, the disciples needed to give him all their attention by listening to him.



The Pope's Prayer Intention

For World Youth Day: We pray the World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives.

Other papal intentions and videos can be found on: <http://apostleshipofprayer.org/>

The Liturgy of the Eucharist : the Eucharistic Prayer

During Holy Mass, Eucharistic Prayer starts with the preface right after the prayer over the offerings. The preface always begins with a dialogue between the celebrant and the assembly (***The Lord be with you; and with your spirit...***). The Missal contains many prefaces. They are used according to the mysteries that are celebrated in specific celebrations. There are prefaces of the main liturgical seasons (Advent season, Lenten season, Easter season and Ordinary Time), there are prefaces of the Sundays in ordinary time, there are prefaces of the Blessed Virgin Mary, there are prefaces for the Apostles, there are prefaces for the Saints, there are prefaces for Holy martyrs, there are common prefaces, etc. The preface can be sung or recited.

In general, there is a link between a preface and the other liturgical texts used during Holy Mass (Opening prayer, prayer over the offerings, prayer after communion). All these texts and the readings help

the faithful understand better the liturgical theme of the day. The preface ends with the *Sanctus* which is a very important song in the Eucharistic celebration. It reminds that the Eucharist is beyond the assembly as it involves visible and invisible beings. The liturgy that is celebrated on Earth is a participation in the celestial liturgy in which the Angels and all the Saints sing God's glory day and night.

The Missal contains many Eucharistic prayers. The most used Eucharistic prayer is the second one because of its shortness. The third and the fourth are rarely used. It is important to mention that some prefaces constitute a whole unit such that the celebrant is obliged to do so. During the consecration, the assembly is invited to keep silent because it is a crucial moment of the celebration. That is the reason why during some specific moments of the Eucharistic Prayer a minister rings the bell to call for the assembly's attention.

In the Eucharistic prayer, there are two major requests called epiclesis. In the first one, the celebrant asks God the Father to make holy bread and wine by sending the Holy Spirit upon them so that they may become

the Body and Blood of Jesus-Christ. This first request is called the ***Epiclesis on the gifts***. The second request is when the celebrant prays so that by the partaking of bread and wine, the spirit may transform the Christians into one People. This request is called the ***Epiclesis on the community***. In fact, the aim of the Eucharist is unity. From the African perspective, those who share the same meal form one family. In the liturgy, those who participate in the same Eucharistic Banquet belong to the same family.

The Eucharistic prayer ends with the elevation (*when the Sacred Body of Christ and the chalice containing the Most Precious Blood of Christ are lifted up and presented to the assembly*). At that specific moment the celebrant sings: through him, and with him and in him...taking the chalice and the paten with the host and raising both.

Rev. Fr. Jérôme K. M. Kombi,
Kinshasa, D.R. Congo



Sunday August 6

The Transfiguration of the Lord, Feast

*Daniel 7: 9-10. 13-14 / Psalm (96) 97: 1-2. 5-6. 9 / 2 Peter 1: 16-19
/ Matthew 17: 1-9*



And as they were coming down the mountain, Jesus commanded them,
“Tell no one the vision, until the Son of man is raised from the dead.”

Matthew 17:9



He Loves us in spite of our Shortcomings

Iam sure we have repeatedly heard today's Gospel on the transfiguration of our Lord Jesus Christ. But have we ever asked why Jesus went up the mountain with only Peter, James and John? The same three were the only ones among the twelve present with Jesus when he healed the daughter of Jairus (Mark 5: 21-43). And in the Garden of Gethsemane, when Jesus left his disciples and went further in to pray, he took only these same three with him (Mark. 14:32-33). Why these three? The response lies in Christ's unfailing love for us in spite of our failings.

In Mark 8, when Jesus talked of his suffering and death, Peter not understanding Jesus' mission protested. Christ rebuked him. In Mark 10:35, James and John tried to play a fast one on the other disciples and quietly went to Jesus to ask him to allow each of them to sit at his right and left when he gets to his Kingdom. And in Luke 9, James and John manifested their weakness when they desired to call up fire from heaven to burn the city of the Samaritans when they prevented Jesus from passing through that city. Here again, Jesus rebuked



Sunday August 6

the two disciples and continued on his journey to Jerusalem through another village.

Jesus, having experienced their shortcomings, saw the need to help them grow out of their weaknesses. This is why we find them always with Jesus. The efforts of Jesus yielded fruits as evidenced in the great roles these disciples played in the early Church.

Jesus never gives up on us in the face of our sinfulness. He makes himself more available to us when we are weak. The decision is ours to respond to his invitation to leave our sins and embrace a new life. We must learn from Jesus in our relationship with one another. The weaker an individual is, the more he needs our help and that help should be rendered while acknowledging one's own weakness. Our mission, as Christians, must always be to assist one another towards growing in holiness. That is the attitude of Jesus. That must be our attitude as His disciples.

Rev. Fr. Michael Banjo, Nigeria



Entrance Antiphon (*Mt 17:5*)

In a resplendent cloud the Holy Spirit appeared. The Father's voice was heard: This is my beloved Son, with whom I am well pleased. Listen to him.

The Gloria in excelsis (*Glory to God in the highest*)
is said.

Collect

O God, who in the glorious Transfiguration of your Only Begotten Son confirmed the mysteries of faith by the witness of the Fathers and wonderfully prefigured our full adoption to sonship, grant, we pray, to your servants, that, listening to the voice of your beloved Son, we may merit to become coheirs with him. Who lives and reigns with you **Amen.**

First Reading (*Daniel 7:9-10.13-14*)

A reading from the Book of the Prophet Daniel

As I looked, thrones were placed and one that was ancient of days took his seat; his clothing was white as snow, and the hair of his head like pure wool; his throne was fiery flames, its wheels were burning fire. A stream of the fire issued and came forth from before him; a



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thousand thousands served him, and then thousand times ten thousand stood before him; the court sat in judgement, and the books were opened. I saw in the night visions, and behold, with the clouds of heaven there came one like a son of man, and he came to the Ancient of Days and was presented before him. And to him was given dominion and glory and kingdom, that all peoples, nations, and languages should serve him; his dominion is an everlasting dominion, which shall not pass away, and his kingdom one that shall not be destroyed.

The word of the Lord. **Thanks be to God.**

Responsorial Psalm _____
(Psalm (96) 97:1-2,5-6,9)

The Lord is king, the most high o - ver all the
earth.

R. The Lord is king, the most high above all the earth.



The Lord is king, let earth rejoice; let the many islands be glad. Cloud and darkness surround him; justice and right are the foundation of his throne. R.

The mountains melt like wax before the face of the Lord, before the face of the Lord of all the earth. The skies proclaim his justice; all peoples see his glory. R.

For you indeed are the Lord most high above all the earth, exalted far above all the gods. R.

Second Reading (2 Peter 1:16-19) —————

A reading from the second Letter of Saint Peter

Beloved: We did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we were eyewitnesses of his majesty. For when he received honour and glory from God the Father and the voice was borne to him by the Majestic Glory, “This is my beloved Son, with whom I am well pleased,” we heard this voice borne from heaven, for we were with him on the holy mountain. And we have the prophetic word made more sure. You will do well to pay attention to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts.

The word of the Lord. **Thanks be to God.**



Sunday August 6

Acclamation (*Matthew 17:5c*)

Alleluia. Alleluia. This is my beloved Son; with whom I am well pleased; listen to him. **Alleluia.**

Gospel (*Matthew 17:1b-9*)

A reading from the holy Gospel according to Matthew

At that time: Jesus took with him Peter and James and John his brother, and led them up in a high mountain apart. And he was transfigured before them, and his face shone like the sun, and his garments became white as light. And behold, there appeared to them Moses and Elijah, talking with him. And Peter said to Jesus, “Lord, it is well that we are here; if you wish, I will make three booths here, one for you and one for Moses and one for Elijah” He was still speaking when behold, a bright cloud overshadowed them, and a voice from the cloud said, “This is my beloved Son, with whom I am well pleased; listen to him.” When the disciples heard this, they fell on their faces, and were filled with awe. But Jesus came and touched them, saying, “Rise, and have no fear.” And when they lifted up their eyes, they saw no one but Jesus only. And as they were coming down the mountain, Jesus commanded them, “Tell no one the vision, until the Son of man is raised from the dead.”

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**



Prayer of the Faithful

The following intentions are suggestions only.

R. Lord, hear our prayer !

For our Church in its mission to further the reign of God in the world with the power of the Holy Spirit, we pray to the Lord: R.

For children, parents and families all over the world, we pray to the Lord: R.

For strength and comfort for all who are suffering physically, spiritually or emotionally, we pray to the Lord: R.

For our parishes and communities, challenged to see the face of Christ in everyone, we pray to the Lord: R.

Prayer over the Offerings

Sanctify, O Lord, we pray, these offerings here made to celebrate the glorious Transfiguration of your Only Begotten Son, and by his radiant splendour cleanse us from the stains of sin. Through Christ our Lord. Amen.



Sunday August 6

Communion Antiphon *(1Jn 3:2)*

When Christ appears, we shall be like him, for we shall see him as he is.

Prayer after Communion

May the heavenly nourishment we have received, O Lord, we pray, transform us into the likeness of your Son, whose radiant splendour you willed to make manifest in his glorious Transfiguration. Who lives for ever and ever.

Amen.



Monday August 7

18th Week in Ordinary Time

Ferial

*Or: St Sixtus II and Companions, priests and martyrs,
Optional Memorial*

Entrance Antiphon

(Ps (67) 68: 2.6) **O God, come to my assistance; O Lord, make haste to help me! You are my rescuer, my help; O Lord, do not delay.**

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. **Amen.**

Reading —————
(Numbers 11:4b-15)

A reading from the Book of Numbers

In those days: The people of Israel said, “O that we had meat to eat! We remember the fish we ate in Egypt for nothing, the cucumbers, the melons, the leeks, the onions, and the garlic; but now our strength is dried up, and there is nothing at



Monday August 7

all but this manna to look at.” Now the manna was like coriander seed, and its appearance like that of gum resin. The people went about and gathered it, and ground it in mills or beat it in mortars, and boiled it in pots, and made cakes of it; and the taste of it was like the taste of cakes baked with oil. When the dew fell upon the camp in the night, the manna fell with it. Moses heard the people weeping throughout their families, every man at the door of his tent; and the anger of the Lord blazed hotly, and Moses was displeased. Moses said to the Lord, “Why have you dealt ill with your servant? And why have I not found favour in your sight, that you lay the burden of all

this people upon me? Did I conceive all this people? Did I bring them forth, that you should say to me, ‘Carry them in your bosom, as a nurse carries the sucking child,’ to the land which you swore to give their fathers? Where am I to get meat to give to all this people? For they weep before me and say, ‘Give us meat, that we may eat.’ I am not able to carry all this people alone, the burden is too heavy for me. If you will deal thus with me, kill me at once, if I find favour in your sight, that I may not see my wretchedness.”

The word of the Lord.

Thanks be to God.



Responsorial Psalm——
(*Psalm (80) 81*)

R. Sing joyfully to God our strength.

My people did not heed my voice, and Israel would not obey me. So I left them in their stubbornness of heart, to follow their own designs.” **R.**

“O that my people would heed me, that Israel would walk in my ways! At once I would subdue their foes, turn my hand against their enemies.” **R.**

“Those who hate the Lord would cringe before him, and their subjection would last forever. But Israel I would feed with finest wheat, and satisfy with honey from the rock.” **R.**

Acclamation

(*Matthew 4:4b*)

Alleluia. Alleluia. Man shall not live by bread alone, but by every word that proceeds from the mouth of God.
Alleluia.

Gospel——

(*Matthew 14:13-21*)

A reading from the holy Gospel according to Matthew

At that time: When Jesus heard [of the death of John the Baptist], he withdrew from there in a boat to a lonely place apart. But when the crowds heard it, they followed him on foot from the towns. As he went ashore he saw a great throng; and he had compassion on them, and healed their sick. When it

was evening, the disciples came to him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." 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 blessed, and broke and gave the loaves 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.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

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

Or

I am the bread of life, says the Lord; whoever come

to me will not hunger, and whoever believes in me will not thirst.

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.**

Are You Sensitive to the needs of Others?

Commentary

Matthew 14:13-21

The disciples took notice of the fact that the people had been with Jesus all this while and must be hungry. Their compassion was the foundation for Jesus' miracle. As Christians, we must be sensitive to the difficulties of those around us and charitably respond without being asked. The gathering of the leftover loaves is in itself an act of sensitivity to the needs of the poor. In a world where many cannot afford a decent meal, the culture of not wasting food is one that Christians must embrace.

Rev. Fr. Michael Banjo, Nigeria



Tuesday August 8

18th Week in Ordinary Time

Memorial

Saint Dominic, priest

Entrance Antiphon

(Ps (68) 69:2.6) **O God, come to my assistance; O Lord, make haste to help me! You are my rescuer, my help; O Lord, do not delay.**

Collect

May Saint Dominic come to the help of your Church by his merits and teaching, O Lord, and may he, who was an outstanding preacher of your truth, be a devoted intercessor on our behalf. Through Christ our Lord. **Amen.**

Reading

(Numbers 12:1-13)

A reading from the Book of Numbers

In those days: Miriam and Aaron spoke against Moses because of the Cushite woman whom he had married, for he had married a Cushite woman; and they said, “Has the Lord indeed spoken only through Moses? Has he not spoken through us also?” And the Lord heard it. Now the man Moses was very meek, more than all

men that were on the face of the earth. And suddenly the Lord said to Moses and to Aaron and Miriam, “Come out, you three, to the tent of meeting.” And the three of them came out. And the Lord came down in a pillar of cloud, and stood at the door of the tent, and called Aaron and Miriam; and they both came forward. And he said, “Hear my words: If there is a prophet among you, I the Lord make myself known to him in a vision, I speak with him in a dream. Not so with my servant Moses; he is entrusted with all my house. With him I speak mouth to mouth, clearly, and not in dark speech; and he beholds the form of the Lord. Why then were you not afraid to speak against

my servant Moses?” And the anger of the Lord was kindled against them, and he departed; and when the cloud removed from over the tent, behold, Miriam was leprous, as white as snow. And Aaron turned towards Miriam, and behold, she was leprous. And Aaron said to Moses, “Oh, my lord, do not punish us because we have done foolishly and have sinned. Let her not be as one dead, of whom the flesh is half consumed when he comes out of his mother’s womb.” And Moses cried to the Lord, “Heal her, O God, I beg you.”

The word of the Lord.

Responsorial Psalm —
*(Psalm (50) 51:3-4.5-6ab.
6cd-7.12-13 (R. see 3a))*

**R. Have mercy, O Lord, for
we have sinned.**

Have mercy on me, O God, according to your merciful love; according to your great compassion, blot out my transgressions. Wash me completely from my iniquity, and cleanse me from my sin. **R.**

My transgressions, truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. **R.**

So you are just in your sentence, without reproach in your judgement. O see, in guilt I was born, a sinner

when my mother conceived me. **R.**

Create a pure heart for me, O God; renew a steadfast spirit within me. Do not cast me away from your presence; take not your holy spirit from me. **R.**

Acclamation (*John 1:49b*)
Alleluia. Alleluia. Rabbi, you are the Son of God! You are the King of Israel!
Alleluia.

Gospel —————
(Matthew 14:22-36)

A reading from the holy Gospel according to Matthew

[After the crowd ate and were satisfied,] Jesus made the disciples get into the boat and go before him to the other side, while he

dismissed the crowds. And after he had dismissed the crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified saying, "It is a ghost!" And they cried out for fear. But immediately he spoke to them, saying, "Take heart, it is I; have no fear." And Peter answered him, "Lord, if it is you, bid me come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he

saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased. And those in the boat worshipped him, saying, "Truly you are the Son of God." And when they had crossed over they came to land at Gennesaret. And when the men of that place recognized him, they sent round to all that region and brought to him all that were sick, and begged him that they might only touch the fringe of his garment; and as many as touched it were made well.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Or GOSPEL (Matthew 15:1-2.10-14)

A reading from the holy Gospel according to Matthew

At that time: Pharisees and scribes came to Jesus from Jerusalem and said, “Why do your disciples transgress the tradition of the elders? For they do not wash their hands when they eat.” And he called the people to him and said to them, “Hear and understand: not what goes into the mouth defiles a man, but what comes out of the mouth, this defiles a man.” Then the disciples came and said to him, “Do you know that the Pharisees were offended when they heard this saying?” He answered, “Every plant which my heavenly Father

has not planted will be rooted up. Let them alone; they are blind guides. And if a blind man leads a blind man, both will fall into a pit.” The Gospel of the Lord.

Prayer over the Offerings

Attend mercifully to the prayers we offer you, O Lord, by the intercession of Saint Dominic, and through the great power of this sacrifice strengthen by the protection of your grace those who champion the faith. Through Christ our Lord. **Amen.**

Communion Antiphon

(Lk 12:42) **This is the servant, faithful and wise, whom the Lord set over his household to give them their measure of wheat in due season.**

Prayer after Communion

May your Church, O Lord, receive with wholehearted reverence the power of this heavenly Sacrament, by which we have been nourished on the

commemoration of Saint Dominic, and may your Church, having flourished by means of his preaching, be helped through his intercession. Through Christ our Lord. **Amen.**

Do not be afraid**Commentary****Matthew 14:22-36**

The trying experience of the disciples tells us that our belief in Jesus does not render us problem-proof. We are, however, assured of Christ's unfailing presence with us. From afar, he noticed the problematic situation of his disciples and walked towards them. By making Peter walk on the sea and by speaking to the wind, Jesus demonstrates his mastery over all forces. Peter sank because he focused on the problem. Our focus must always be on Jesus, especially when we are faced with life's difficulties.

Rev. Fr. Michael Banjo, Nigeria



Wednesday August 9

18th Week in Ordinary Time

Ferial

Or: St Teresa Benedicta of the Cross, virgin and martyr, optional memorial

Entrance Antiphon

(Ps (67) 68: 2.6) **O God, come to my assistance; O Lord, make haste to help me! You are my rescuer, my help; O Lord, do not delay.**

Through Christ our Lord.
Amen.

Reading —————
(Numbers 13:1-2.25-14:1.26.34-35)

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.

A reading from the Book of Numbers

In those days: The Lord said to Moses [in the wilderness of Paran], “Send men to spy out the land of Canaan, which I give to the sons of Israel, from each tribe of their fathers shall you send

a man, every one a leader among them” At the end of forty days they returned from spying out the land. And they came to Moses and Aaron and to all the congregation of the sons of Israel in the wilderness of Paran, at Kadesh; they brought back word to them and to all the congregation, and showed them the fruit of the land. And they told him. “We came to the land to which you sent us; it flows with milk and honey, and this is its fruits. Yet the people who dwell in the land are strong, and the cities are fortified and very large; and besides, we saw the descendants of Anak there. The Amalekites dwell in the land of Negeb; the Hittites, the Jebusites,

and the Amorites dwell in the hill country; and the Canaanites dwell by the sea, and along the Jordan.” But Caleb quieted the people before Moses, and said, “Let us go up at once, and occupy it; for we are well able to overcome it.” Then the men who had gone up with him said, “We are not able to go up against the people; for they are stronger than we.” So they brought to the sons of Israel an evil report of the land which they had spied out, saying, “The land, through which we have gone to spy it out, is a land that devours its inhabitants; and all the people that we saw in it are men of great stature. And there we saw the Nephilim (the sons of Anak, who

come from the Nephilim); and we seemed to ourselves like grasshoppers, and so we seemed to them.” Then all the Congregation raised a loud cry, and the people wept that night. And the Lord said to Moses and to Aaron “How long shall this wicked Congregation murmur against me? I have heard the murmurings of the sons of Israel, which they murmur against me. Say to them, ‘As I live, says the Lord, what you have said in my hearing I will do to you: your dead bodies shall fall in this wilderness; of all your number, numbered from twenty years old and upward, who have murmured against me. According to the number of the days in which you spied out the land, forty days, for

every day a year, you shall bear your iniquity, forty years, and you shall know my displeasure.’ I, the Lord, have spoken; surely this will I do to all this wicked congregation that are gathered together against me: in this wilderness they shall come to a full end, and there they shall die.

The word of the Lord.

Thanks be to God.

Responsorial Psalm —
(Psalm (105) 106)

**R. O Lord, remember us
with the favour you show
to your people.**

or: Alleluia

Like our fathers, we have sinned. We have done wrong; our deeds have been

evil. Our forebears, when they were in Egypt, did not grasp the meaning of your wonders. *R.*

But they soon forgot his deeds, and would not wait upon his counsel. They yielded to their cravings in the desert, and put God to the test in the wilderness. *R.*

They forgot the God who was their saviour, who had done such great things in Egypt, such wonders in the land of Ham, such marvels at the Red Sea. *R.*

For this he said he would destroy them, but Moses, the man he had chosen, stood in the breach before him, to turn back his anger from destruction. *R.*

Acclamation

(Luke 7:16)

Alleluia. Alleluia. A great prophet has arisen among us, and God had visited his people. **Alleluia.**

Gospel

(Matthew 15:21-28)

A reading from the holy Gospel according to Matthew

At that time: Jesus went away and withdrew to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer her a word. And his disciples came and begged

him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "O woman, great is your faith! Let it be done for you as you desire." And her daughter was healed instantly.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

Sanctify graciously these gifts, O Lord, we pray, and accepting the oblation of this spiritual sacrifice, make of us an eternal offering to you. 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.**
or

I am the bread of life, says the Lord; whoever come to me will not hunger, and whoever believes in me will not thirst.

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.**

Selfless and faith-filled Prayer

Commentary

Matthew 15:21-28

The Canaanite woman was rebuffed three times before her request was granted. But she never gave up. Her humility, persistence, reverence for and faith in Jesus are worthy of emulation. These characters make our prayers acceptable to God as long as what we are asking for is good and is in accordance with God's will. We note also that her request was selfless. She wanted nothing from Jesus other than the good of her daughter. When we kneel to pray, it is praiseworthy to remember the needs of others.

Rev. Fr. Michael Banjo, Nigeria



Thursday August 10

18th Week in Ordinary Time

Feast

Saint Lawrence, deacon and martyr

Entrance Antiphon

This is the blessed Lawrence, who gave himself up for the treasure of the Church; for this he earned the suffering of martyrdom to ascend with joy to the Lord Jesus Christ.

was outstandingly faithful in service and glorious in martyrdom; grant that we may love what he loved and put into practice what he taught. Through Christ our Lord. **Amen.**

The Gloria in excelsis (*Glory to God in the highest*) **is said.**

Reading —————
(2 Corinthians 9:6b-10)

A reading from the second Letter of Saint Paul to the Corinthians

Collect

O God, giver of that ardour of love for you, by which Saint Lawrence

Brethren: He who sows sparingly will also reap sparingly, and he who sows

bountifully will also reap bountifully. Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. As it is written, “He scatters abroad, he gives to the poor; his righteousness endures for ever.” He who supplies seed to the sower and bread for food will supply and multiply your resources and increase the harvest of your righteousness.

The word of the Lord.
Thanks be to God.

Responsorial Psalm —
(Psalm (111) 112:1b-2.5-6.7-8.9)

R. It goes well for the man who deals generously and lends.

Blessed the man who fears the Lord, who takes great delight in his commandments. His descendants shall be powerful on earth; the generation of the upright will be blest. R.

It goes well for the man who deals generously and lends, who conducts his affairs with justice. / He will never be moved; for ever shall the just be remembered. R.

He has no fear of evil news; with a firm heart, he trusts in the Lord. With a steadfast heart he will

not fear; he will see the downfall of his foes. *R.*

Open-handed, he gives to the poor; his justice stands firm for ever. His might shall be exalted in glory. *R.*

Acclamation (*John 8:12*)

Alleluia. Alleluia. I am the light of the world, says the Lord; he who follows me will have the light of life. **Alleluia.**

Gospel ————— (*John 12:24-26*)

A reading from the holy Gospel according to John

At that time: Jesus said to his disciples, “Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much

fruit. He who loves his life loses it, and he who hates his life in this world will keep it for eternal life. If any one serves me, he must follow me; and where I am, there shall my servant be also; if any one serves me, the Father will honour him.”
The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

Receive with favour, O Lord, the offerings we joyfully make on the feast day of Saint Lawrence and grant that they become a help to our salvation. Through Christ our Lord. **Amen.**

Communion Antiphon

(*Jn 12:26*) **Whoever serves me must follow me and where I am there also my**



servant will be, says the Lord.

Prayer after Communion

Nourished by these sacred gifts, we humbly implore you, Lord, that the homage

of dutiful service which we render on the feast of Saint Lawrence, may bring us an increase of saving grace. Through Christ our Lord. **Amen.**

No Compromising of our Faith in Christ

Commentary

John12:24-26

Saint Lawrence, a deacon in charge of the treasury of the Church of Rome, was martyred on order by Emperor Valerian. He refused to hand to him the treasures of the Church and for not renouncing his faith in exchange for freedom. Saint Lawrence should inspire us to live in accordance with the spirit of martyrdom – that we strive to never displease the Lord for any reason. As Saint Benedict XVI says, “we cannot give into compromise when it comes to our love for Christ, for his Word, for his Truth”

Rev. Fr. Michael Banjo, Nigeria



Friday August 11

18th Week in Ordinary Time

Memorial

Saint Clare, virgin

Entrance Antiphon

(Ps (72) 73: 20.19.22.23) **Look to your covenant, O Lord; forget not the life of your poor ones forever. Arise, O God, and defend your cause; do not forget the cries of those who seek you.**

Collect

God, who in your mercy led Saint Clare to a love of poverty, grant, through her intercession, that following Christ in poverty of spirit, we may merit to contemplate you one day

in the heavenly Kingdom. Through Christ our Lord. Amen.

Reading

(Deuteronomy 4:32-40)

A reading from the Book of Deuteronomy

Moses spoke to the people, saying, “Ask now of the days that are past, which were before you, since the day that God created man upon the earth, and ask from one end of heaven to the other, whether such



a great thing as this has ever happened or was ever heard of. Did any people ever hear the voice of God speaking out of the midst of the fire, as you have heard, and still live? Or has God attempted to go and take a nation for himself from the midst of another nation, by trials, by signs, by wonders, and by war, by a mighty hand and an outstretched arm, and by great terrors, according to all that the Lord your God did for you in Egypt before your eyes? To you it was shown, that you might know that the Lord is God; there is no other besides him. Out of heaven he let you hear his voice that he might discipline you; and on earth he let you see his great fire, and you heard

his words out of the midst of the fire. And because he loved your fathers and chose their descendants after them, and brought you out of Egypt with his own presence, by his great power, driving out before you nations greater and mightier than yourselves, to bring you in, to give you their land for an inheritance, as at this day; know therefore this day, and lay it to your heart, that the Lord is God in heaven above and on the earth beneath; there is no other. Therefore you shall keep his statutes and his commandments, which I command you this day, that it may go well with you, and with your children after you, and that you may prolong your

days in the land which the Lord your God gives you for ever.”

The word of the Lord.
Thanks be to God.

Responsorial Psalm —
(Psalm (76) 77)

R. I remember the deeds of the Lord.

I remember the deeds of the Lord, I remember your wonders of old; I muse on all your works, and ponder your mighty deeds. R.

Your way, O God, is in the holy place. What god is as great as our God? You are the God who works wonders. Among the peoples you showed your power. R.

Your strong arm redeemed your people, the descendants of Jacob and Joseph. You guided your people like a flock by the hand of Moses and Aaron. R.

For this he said he would destroy them, but Moses, the man he had chosen, stood in the breach before him, to turn back his anger from destruction. R.

Acclamation
(Matthew 5:10)

Alleluia. **Alleluia.**
Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. **Alleluia.**

Gospel _____
(Matthew 16:24-28)

A reading from the holy Gospel according to Matthew

At that time: Jesus told his disciples, “If any man would come after me, let him deny himself and take up the cross and follow me. For whoever would save his life will lose it, and whoever loses his life for my sake will find it. For what will it profit a man, if he gains the whole world and forfeits his life? Or what shall a man give in return for his life? For the Son of man is to come with his angels in the glory of his Father, and then he will repay every man for what he has done. Truly, I say to you, there are some

standing here who will not taste death before they see the Son of man coming in his kingdom.”

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

Be pleased, O Lord, to accept the offerings of your Church, for in your mercy you have given them to be offered, and by your power you transform them into the mystery of our salvation. Through Christ our Lord. **Amen.**

Communion Antiphon

(Ps (146) 147:12.14) **O Jerusalem, glorify the Lord who gives you your fill of finest wheat.**

Prayer after Communion

May the communion in your Sacrament that we have consumed, save us,

O Lord, and confirm us in the light of your truth. Through Christ our Lord. **Amen.**

To follow Christ is to renounce yourself**Commentary****Matthew 16:24-28**

Renouncing oneself is simply making the will of Christ my will and that which rules my life. Jesus renounced himself when, in the Garden of Gethsemane, he prayed: "I wish this cup would pass me by but not my will but your will be done." We cannot be Christians while seeking to do things our way. We must always seek to do the will of God. "If you follow the will of God", says Pope Benedict XVI, "you know that in spite of all the terrible things that happen to you, you will never lose a final refuge."

Rev. Fr. Michael Banjo, Nigeria



Saturday August 12

18th Week in Ordinary Time

Ferial

Or St Jane Frances de Chantal, Optional memorial

Entrance Antiphon

(Ps 69:2.6) **O God, come to my assistance; O Lord, make haste to help me! You are my rescuer, my help; O Lord, do not delay.**

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.
Amen.

Reading —————
(Deuteronomy 6:4-13)

A reading from the Book of Deuteronomy

Moses spoke to the people, saying, “Hear, O Israel: The Loan our God is one Loan; and you shall love the Loan your God with all your heart, and with all your soul, and with all your might. And these words which

I command you this day' shall be upon your heart; and you shall teach them diligently to your children and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. And you shall bind them as a sign upon your hand, and they shall be as frontlets between your eyes. And you shall write them on the doorposts of your house and on your gates. "And when the Loan your God brings you into the land which he swore to your fathers, to Abraham, to Isaac, and to Jacob, to give you, with great and excellent cities, which you did not build, and houses full of all good things, which you did not fill, and cisterns hewn out, which you did

not hew, and vineyards and olive trees, which you did not plant, and when you eat and are full, then take heed lest you forget the Lord, who brought you out of the land of Egypt, out of the house of bondage. You shall fear the Lord your God; you shall serve him, and swear by his name."

The word of the Lord.

Thanks be to God.

***Responsorial Psalm —
(Psalm 1 8:2-3a.3bc-4.47
and 51ab)***

***℟. I love you, Lord, my
strength.***

I love you, Lord, my strength; O Lord, my rock, my fortress, my saviour. *℟.*

My God, my rock where I take refuge; my shield,



my saving strength, my stronghold. I cry out, “Praised be the Lord!” and see, I am saved from my foes. R.

The Lord lives, and blest be my Rock! May the God of my salvation be exalted, The Lord gives great victories to his king, and shows merciful love for his anointed. R.

Acclamation

(2 Timothy 1:10)

Alleluia. Alleluia. Our Saviour Christ Jesus abolished death and brought life and immortality to light through the Gospel. **Alleluia.**

Gospel ————— *(Matthew 17:14-20)*

A reading from the holy Gospel according to Matthew

At that time: A man came up to Jesus and kneeling before him said, “Lord, have mercy on my son, for he is an epileptic and he suffers terribly; for often he falls into the fire, and often into the water. And I brought him to your disciples, and they could not heal him.” And Jesus answered, “O faithless and perverse generation, how long am I to be with you? How long am I to bear with you? Bring him here to me.” And Jesus rebuked him, and the demon came out of him, and the boy was cured instantly. Then

the disciples came to Jesus privately and said, “Why could we not cast it out?” He said to them, “Because of your little faith. For truly, I say to you, if you have faith as a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you.” The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

Sanctify graciously these gifts, O Lord, we pray, and, accepting the oblation of this spiritual sacrifice, make of us an eternal

offering to you. 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.**

Or: in 6:35

Jam the bread of life, says the Lord; whoever comes to me will not hunger, and whoever believes in me will not thirst.

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.

**Have faith and
be hopeful**

Commentary

Matthew 17:14-20

Faith fills us with an assurance that God is able to make the impossible possible. Faith enables us to put God between us and our difficulties and to remain ever hopeful. Very apt are the words of Pope Francis: “Having faith does not mean having no difficulties, but having the strength to face them, knowing we are not alone.” Faith invites us not to give up in moments of difficulty but to draw closer to the Lord in prayer.

Rev. Fr. Michael Banjo, Nigeria



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Growing up Daily with the Good News