

AFRICA
Living with Christ
GROWING UP DAILY WITH THE GOOD NEWS

Weekly LWCA

bayard afrique

**16th Week in
Ordinary Time**

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Editorial

July 2023



Rev. Fr. Walter C. Ihejirika, Nigeria

Honour Your Father and Mother

This liturgical week has a special resonance for honouring parents. During the week, we celebrate the memorial of Saints Joachim and Anne, the parents of our Blessed Mother Mary. These two are celebrated because they gave birth to a wonderful daughter. On the other hand, Mary's family upbringing contributed in no small measure to her holiness. We see a kind of symbiotic relationship existing between parents and their children - good parents endeavour to raise their children to become good and responsible children and in turn bring honour and glory to their parents.

Honouring our parents is the fourth commandment of God which is read also in our liturgy this week. It is the only commandment which has a blessing attached to it - "Honour your father and your mother, that you may have a long life in the land which the Lord, your God, is giving you." (Ex 20:1-17) Through *Living with Christ*, we are enabled to be sources of joy and happiness to our parents.



The Pope's Prayer Intention

For a Eucharistic life : We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.

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

The Liturgy of the Eucharist: the Offertory and the Prayer over the Offerings

The Liturgy of the Eucharist is the second part of the Eucharistic celebration. It consists of various elements: the preparation of the gifts, the prayer over the offerings, the Eucharistic prayer and the communion rite.

According to the Roman Missal, the Liturgy of the Eucharist starts with the offertory song. But in some parishes, before the offering chant, the commentator provides the faithful with some explanations and commentaries in order to introduce them to the second part of Eucharistic celebration.

During Sunday Masses and some liturgical feasts in Africa, a procession is organised during the offertory. It starts at the back of the Church. Some chosen faithful bring forward bread, wine and other gifts. Bread and wine are placed on the altar whereas other gifts are placed in a suitable place. During the offertory song, the ministers (acolytes and deacons) prepare the altar

placing on it the corporal, the purificator, the chalice and the missal.

After the altar has been prepared by the acolyte or the deacon or the celebrant himself, he takes the paten with the bread and holds it slightly raised above the altar with both hands. And according to the Roman Missal, he says in a low voice: *Blessed are you, Lord God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life.*

After this prayer, the deacon or the priest pours a little water in the chalice, he says quietly: *By the mystery of this water and wine may we come to share in the divinity of Christ who humbled himself to share in our humanity. Then the priest takes the chalice and holds it slightly raised above the altar with both hands saying in low voice: Blessed are you, Lord God of all creation, for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands, it will become for us the bread of life.*

After this prayer, the priest bows profoundly saying: *With humble spirit and contrite heart may we be accepted by you, O Lord, and may our sacrifice in your sight this day be pleasing to you, Lord God.* Then the priest prays quietly saying: *wash me, O Lord, from my iniquity and cleanse me from my sin.* Then he invites the faithful to pray so that his sacrifice and theirs may be acceptable to God.

After the response of the faithful, the celebrant sings or recites the prayer over the offerings. It is generally a recognition of God's generosity to humankind as all the gifts that the assembly offers come from Him. The general instruction of the Roman Missal insists on the fact that only one prayer on the offerings is said at Mass. Unlike the collect that must end with a long doxology (*Through Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God for ever and ever*), the prayer over the offerings ends with a short one: *Through Christ our Lord.*

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



Sunday July 23

16th Sunday in Ordinary Time

*Wisdom 12: 13. 16-19 / Psalm (85) 86: 5-6. 9-10. 15-16 (5a) /
Romans 8: 26-27 / Matthew 13: 24-43*



“Then the righteous shall shine like the sun in the kingdom of their Father. (Matthew 13:43)



The Parable of the Weeds

Last week, Jesus gave us the parable of the Sower, Seed and Soil, to indicate to us how he wants us to receive his Word and his work within us. In the first reading today, we are reminded that God desires justice and has shown us the way of kindness. The second reading tells us that the Spirit aids us in our weakness. In the Gospel, we hear about the three parables of the weeds, of the mustard seed and of the leaven. All support and illustrate to us the Kingdom of God . These three parables are deeply relevant to who we are and what God calls us to do. In the parable of the mustard seed, Jesus tells us first that the Church, like this seed, starts small but will grow to be huge. Second, he adds that the members of the Church are meant to function in the world like yeast does in bread, that is, we are supposed to make everything rise. And third, he states that the Church's growth doesn't happen in a vacuum. There is also an enemy in the field, sowing weeds that are to destroy God's harvest which is me, you and all creatures. The three go together. They give us our purpose as Christians and also give us caution by highlighting a reality of challenges we are likely to face as



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Christians. They are meant to guide us at every moment of our lives.

These parables are all about waiting. Jesus is warning the crowd that, though what they were hoping would indeed come soon, Gods judgment might not be as straight forward as they thought. We all believe that, God will judge us, but we have the hope that he will be a good judge and judge us with mercy and compassion. Thus, a need to examine ourselves and see where we need to convert. Our Gospel ends today with Jesus explaining that the righteous will shine like the sun in the Kingdom of their Father. He says “Let he who hears, hear”. Thus, as we wait with patience, lets remember that, Gods’ actions are a cause for hope in us for as is with the psalmist, He is good and forgiving. We pray that we might not lose our faith, hope and love in God.

Rev. Sr. Mary Nzilani, Nairobi -Kenya



Entrance Antiphon (*Psalm (52) 53:6.8*)

See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

Collect

Show favour, O Lord, to your servants, and mercifully increase the gifts of your grace, that made fervent in hope, faith and charity, they may be ever watchful in keeping your commands. Through Christ our Lord. **Amen.**

First Reading (*Wisdom 12:13.16-19*)

A reading from the book of Wisdom

There is no god besides you, whose care is for all men, to whom you should prove that you have not judged unjustly; for your strength is the source of righteousness, and your sovereignty over all causes you to spare all. For you show your strength when men doubt the completeness of your power, and rebuke any insolence among those who know it. You who are sovereign in strength judge with mildness, and with great forbearance you govern us; for you have power to act whenever you choose. Through such works you have taught your people that righteous man must be kind,



Sunday July 23

and you have filled your sons with good hope, because you give repentance for sins.

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

Responsorial Psalm —————
(Psalm (85) 86:5-6.9-10.15-16a)



R. O Lord, you are good and forgiving.

O Lord, you are good and forgiving,
full of mercy to all who call to you.
Give ear, O Lord, to my prayer,
and attend to my voice in supplication. **R.**

All the nations you have made shall come;
they will bow before you, O Lord, and glorify your name,



for you are great and do marvelous deeds,
you who alone are God. R.

But you, O God, are compassionate and gracious,
slow to anger, O Lord, abundant in mercy and fidelity;
turn and take pity on me. R.

Second Reading (Romans 8:26-27) _____

A reading from the Letter of Saint Paul to the Romans

Brethren: The Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words. And he who searches the hearts men knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.
The word of the Lord. **Thanks be to God.**

Acclamation (Matthew 11:25)

Alleluia. Alleluia. Blessed are you, Father, Lord of heaven and earth, that you have revealed to little ones the mysteries of the kingdom. **Alleluia.**



Gospel (Matthew 13:24-43)

A reading from the holy Gospel according to Matthew

At that time: Jesus put another parable before the crowds, saying, “The kingdom of heaven may be compared to a man who sowed good seed in his field; but while men were sleeping, his enemy came and sowed weeds among the wheat, and went away. So when the plants came up and bore grain, then the weeds appeared also. “And the servants of the householder came and said to him, ‘Sir, did you not sow good seed in your field? How then has it weeds?’ He said to them, ‘An enemy has done this.’ The servants said to him, ‘Then do you want us to go and gather them?’ But he said, ‘No; lest in gathering the weeds you root up the wheat along with them. Let both grow together until the harvest; and at harvest time I will tell the reapers, Gather the weeds first and bind them in bundles to be burned, but rather the wheat into my barn.’”[End of the short reading.]

Another parable he put before them, saying, “The kingdom of heaven is like a grain of mustard seed which a man took and sowed in his field; it is the smallest of all seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.” He told them another parable. “The kingdom of heaven is like leaven which a



woman took and hid in three measures of meal, till it was all leavened.” All this Jesus said to the crowds in parables; indeed he said nothing to them without a parable. This was to fulfil what was spoken by the prophet: “I will open my mouth in parables, I will utter what has been hidden since the foundation of the world.” Then he left the crowds and went into the house. And his disciples came to him, saying, “Explain to us the parable of the weeds of the field.” He answered, “He who sows the good is the Son of man; the field is the world, and the good seed means the sons of the kingdom; the weeds are the sons of the evil one, and the enemy who sowed them is the devil; the harvest is the close of the age, and the reapers are angels. Just as the weeds are gathered and burned with fire, so will it be at the close of the age. The Son of man will send his angels, and they will gather out of his kingdom all causes of sin and all evildoers, and throw them into the furnace of fire, where there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in the kingdom of their Father. He who has ears, let him hear.”

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



Sunday July 23

Prayer of the Faithful

The following intentions are suggestions only.

℟. Lord, hear us!

For good leaders in Africa and in other parts of the world, let us pray to the Lord our God. ℟.

For good witnesses of the word of God in Africa and all over the world; for fruitful apostolates and pastoral works let us pray to the Lord our God. ℟.

For those who still do not believe in Christ, for our salvation and the salvation of the world, let us pray to the Lord our God. ℟.

For peace, mercy and security in Africa. Let us pray to the Lord our God. ℟.

Prayer over the Offerings

O God, who in the one perfect sacrifice brought to completion varied offerings of the law; accept, we pray, this sacrifice from your faithful servants and make it



holy, as you blessed the gifts of Abel, so that what each has offered to the honour of your majesty may benefit the salvation of all. Through Christ our Lord. **Amen.**

Communion Antiphon (*Ps (109) 110:4-5*)

The Lord, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.

Prayer after Communion

Graciously be present to your people, we pray, O Lord, and lead those you have imbued with heavenly mysteries to pass from former ways to newness of life. Through Christ our Lord. **Amen.**



Monday July 24

16th week in Ordinary Time

Ferial

Or: St Sharbel Makhluf, priest, optional memorial

Entrance Antiphon

(Ps 53:6.8) See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

Collect

Show favour, O Lord, to your servants, and mercifully increase the gifts of your grace, that made fervent in hope, faith and charity, they may be ever watchful in keeping your commands. Through Christ our Lord. **Amen.**

Reading

(Exodus 14:5-18)

A reading from the Book of Exodus

In those days: When the king of Egypt was told that the people had fled, the mind of Pharaoh and his servants -was changed towards the people, and they said, “What is this we have done, that we have let Israel go from serving us?” So he made ready his chariot and took his army with him, and took six hundred picked



chariots and all the other chariots of Egypt with officers over all of them. And the Lord hardened the heart of Pharaoh king of Egypt and he pursued the sons of Israel as they went forth defiantly. The Egyptians -pursued them, all Pharaoh's horses -and chariots and his horsemen and his army, and overtook them encamped at the sea, by Piha-hiroth, in front of Baal-zephon. When Pharaoh drew near, the sons of Israel lifted up their eyes, and behold, the Egyptians were marching after them; and they were in great fear. And the sons of Israel cried out to the Lord; and they said to Moses, "Is it because there are -no graves in Egypt that you have taken us away

to die in the wilderness? What have you done to us, in bringing us out of Egypt? Is not this what we said to you in Egypt, 'Let us alone and let us serve the Egyptians'? For it would have been better for us to serve the Egyptians than to die in the wilderness." And Moses said to the people, "Fear not, stand firm, and see the salvation of the Lord, which he will work for you today; for the Egyptians whom you see today, you shall never see again. The Lord will fight for you, and you have only to be still." The Lord said to Moses, "Why do you cry to me? Tell the sons of Israel to go forward. Lift up your rod, and stretch out your hand over the sea and divide it, that the



Monday July 24

sons of Israel may go on dry ground through the sea. And I will harden the hearts of the Egyptians so that they shall go in after them, and I will get glory over Pharaoh and all his host, his chariots, and his horsemen. And the Egyptians shall know that I am the Lord, when I have gotten glory over Pharaoh, his chariots, and his horsemen.”

The word of the Lord.
Thanks be to God.

***Responsorial Psalm—
(Exodus 15:1-2.3-4.5-6
(R. 1a)***

**R. I will sing to the Lord,
for he has triumphed
gloriously.**

I will sing to the Lord,
for he has triumphed
gloriously; the horse and his
rider he has thrown into the
sea. R.

The Lord is my strength
and my song, and he has
become my salvation; this
is my God, and I will praise
him, my father's God, and I
will exalt him. R.

The Lord is a man of
war; / the Lord is his name.
Pharaoh's chariots and his
host he cast into the sea;
and his picked officers are
sunk in the Red Sea. R.

The floods cover them;
they went down into the
depths like a stone. Your
right hand, O Lord, glorious
in power, your right hand, O
Lord, shatters the enemy. R.



Acclamation

(See Psalm 95:7d.8a)

Alleluia. Alleluia. Today, harden not your hearts, but listen to the voice of the Lord. **Alleluia.**

Gospel

(Matthew 12:38-42)

A reading from the holy Gospel according to Matthew

At that time: Some of the scribes and Pharisees said to Jesus, "Teacher, we wish to see a sign from you." But he answered them, "An evil and adulterous generation seeks for a sign; but no sign shall be given to it except the sign of the prophet Jonah. For as Jonah was three days and three nights in the belly of the whale, so will

the Son of man be three days and three nights in the heart of the earth. The men of Nineveh will arise at the judgement with this generation and condemn it for they repented at the preaching of Jonah and behold something greater than Jonah is here. The queen of the South will arise at the judgement with this generation and condemn it; for she came from the ends of the earth to hear the wisdom of Solomon, and behold, something greater than Solomon is here." The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

O God, who in the one perfect sacrifice brought -to completion varied

offerings of the law; accept, we pray, this sacrifice from your faithful servants and make it holy, as you blessed the gifts of Abel, so that what each has offered to the honour of your majesty may benefit the salvation of all. Through Christ our Lord. **Amen.**

Communion Antiphon

(Ps 110:4-5) **The Lord, the gracious, the merciful, has made a memorial of his**

wonders; he gives food to those who fear him.

Or: Rv3:20

Behold, I stand at the door and knock, says the Lord. If anyone hears my voice and opens the door, I will enter his house and dine with him, and he with me.

Prayer after Communion

Graciously be present to your people, we pray, O

Lord and lead those you have imbued with heavenly mysteries to pass from former ways to newness of life. Through Christ our Lord. **Amen.**

The Demand for a Sign

Commentary

Matthew 12:38-42

In today's gospel the scribes and Pharisees insist on asking Jesus for a sign if He is the Messiah. In answering them, He points to the figure of Jonah interpreting him as being stayed in the belly for three days and three nights and was vomited by the whale on the same place of Nineveh, as a figure of His own death and resurrection. His death and resurrection bring about the repentance of many. He offers us freedom from sin if we believe in Him. Thus, we need to aim at our conversion.

Rev. Sr. Mary Nzilani, Nairobi-Kenya



Tuesday July 25

16th week in Ordinary Time

Feast

Saint James, apostle

Entrance Antiphon

(Mt 4:18-21) **As he walked by the Sea of Galilee, Jesus saw James the son of Zebedee and John his brother mending their nets and he called them.**

The Gloria in excelsis

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

Collect

Almighty ever-living God, who consecrated the first fruits of your Apostles by the blood of Saint James, grant,

we pray, that your Church may be strengthened by his confession of faith and constantly sustained by his protection. Through Christ our Lord. **Amen.**

Reading —————

(2 Corinthians 4:7-15)

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

Brethren: We have this treasure in earthen vessels, to show that the transcendent power belongs to God and not

to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair, persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. For while we live we are always being given up to death for Jesus' sake, so that the life of Jesus may be manifested in our mortal flesh. So death is at work in us, but life in you. Since we have the same spirit of faith as he had who wrote, "I believed, and so I spoke," we too believe, and so we speak, knowing that he who raised the Lord Jesus will raise us also with Jesus and bring us with you

into his presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.
The word of the Lord.
Thanks be to God.

***Responsorial Psalm —
(Psalm ⁽¹²⁵⁾ 126:1-2ab. 2cd-
3.4-5.6)***

***R. Those who are sowing
in tears will sing when
they reap.***

When the Lord brought back the exiles of Sion, we thought we were dreaming. Then was our mouth filled with laughter; on our tongues, songs of joy. *R.*

Then the nations themselves said, "What

great deeds the Lord worked for them!" What great deeds the Lord worked for us! Indeed, we were glad. R.

Bring back our exiles, O Lord, as streams in the south. Those who are sowing in tears will sing when they reap. R.

They go out, they go out, full of tears, bearing seed for the sowing; they come back, they come back with a song, bearing their sheaves. R.

Acclamation

(John 15:16)

Alleluia. Alleluia. I chose you from the world that you should go and bear fruit and that your fruit should abide, says the Lord. **Alleluia.**

Gospel ————— *(Matthew 20:20-28)*

A reading from the holy Gospel according to Matthew

At that time: The mother of the sons of Zebedee came up to Jesus, with her sons, and kneeling before him she asked him for something. And he said to her, "What do you want? She said to him, "Command that these two sons of mine may sit, one at your right hand one at your left, in your kingdom." But Jesus answered, "You do not know what you are asking. Are you able to drink the chalice that I am to drink?" They said to him, "We are able." He said to them, "You will drink my chalice, but to sit at my right hand

and my left is not mine to grant, but it is for those for whom it has been prepared by my Father.” And when the ten heard it, they were indignant at the two brothers. But Jesus called them to him and said, “You know that the rulers of the Gentiles lord it over them, and their great men exercise authority over them. It shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be your slave; even as the Son of man came not to be served but to serve, and to give his life as a ransom for many.”

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

Prayer over the Offerings

Cleanse us, Lord, by the saving baptism of your Son's Passion, so that on the Feast of Saint James, whom you willed to be the first among the Apostles to drink of Christ's chalice of suffering, we may offer a sacrifice pleasing to you. Through Christ our Lord.
Amen.

Communion Antiphon

They drank the chalice of the Lord, and became the friends of God.

Prayer after Communion

Help us, O Lord, we pray, through the intercession of the blessed Apostle James,

on whose feast day we have received with joy your holy gifts. Through Christ our Lord. **Amen.**

Servant Leadership

Commentary

Matthew 20:20-28

The Gospel today is a reminder of what service is all about, that is, to serve and not to be served. Many a times, we are tempted to be served and be given much attention by what we have, have done, and even have achieved. Thus, there is a need to simply live the message of the Gospel by asking for the grace of God to be more and not to have more for life is a journey which we need always to find our way out. May Saint James, pray for us, Amen.

Rev. Sr. Mary Nzilani, Nairobi -Kenya



Wednesday July 26

16th Week in Ordinary Time

Memorial

Saints Joachim and Anne, Parents of the Virgin Mary

Entrance Antiphon

(Sir 44:1.25) **Let us praise Joachim and Anne, to whom, in their generation, the Lord gave him who was a blessing for all the nations.**

Collect

O Lord, God of our Fathers, who bestowed on Saints Joachim and Anne this grace that of them should be born the Mother of your incarnate Son, grant, through the prayers of both, that we may attain

the salvation you have promised to your people. Through Christ our Lord. Amen.

Reading ————— *(Exodus 16:1-5.9-15)*

A reading from the Book of Exodus

The sons of Israel set out from Elim, and all the congregation of the sons of Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth

day of the second month after they had departed from the land of Egypt. And the whole congregation of the sons of Israel murmured against Moses and Aaron in the wilderness, and said to them, “Would that we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate bread to the full; for you have brought us out into this wilderness to kill this whole assembly with hunger.”

Then the Lord said to Moses, “Behold, I will rain bread from heaven for you; and the people shall go out and gather a day’s portion every day, that I may test them, whether they will walk in my law or not. On the sixth day, when they prepare what they bring in, it will be twice as much as they

gather daily.” And Moses said to Aaron, “Say to the whole congregation of the sons of Israel, ‘Come near before the Lord, for he has heard your murmurings.’” And as Aaron spoke to the whole congregation of the sons of Israel, they looked towards the wilderness, and behold, the glory of the Lord appeared in the cloud. And the Lord said to Moses, “I have heard the murmurings of the sons of Israel; say to them, ‘At twilight you shall eat flesh, and in the morning you shall be filled with bread; then you shall know that I am the Lord your God.’” In the evening quails came up and covered the camp; and in the morning dew lay round about the camp. And when the dew had gone up, there was on the face of the



wilderness a fine, flake-like thing, fine as hoarfrost on the ground. When the sons of Israel saw it, they said to one another, “What is it?” For they did not know what it was. And Moses said to them, “It is the bread which the Lord has given you to eat.”

The word of the Lord.
Thanks be to God.

Responsorial Psalm —
(Psalm 77) 78)

**R. The Lord gave them
bread from heaven.**

In their hearts they put God to the test by demanding the food they craved. They spoke against God and said: “Can God spread a table in the wilderness?” R.

Yet he commanded the clouds above, and opened the gates of heaven. He rained down manna to eat, and gave them bread from heaven. R.

Man ate the bread of angels. He sent them abundance of food; the east wind he stirred up in the heavens, the south wind he directed by his might. R.

He rained flesh upon them like dust, winged fowl like the sands of the sea. He let it fall in the midst of their camp, and all around their tents. R.

Acclamation

Alleluia. Alleluia. The seed is the word of God, and the sower is Christ; all who find him will abide for ever. **Alleluia.**

Gospel ————— ***(Matthew 13:1-9)***

A reading from the holy Gospel according to Matthew

That same day Jesus went out of the house and sat beside the sea. And great crowds gathered about him, so that he got into a boat and sat there; and the whole crowd stood on the beach. And he told them many things in parables, saying, "A sower went out to sow. And as he sowed, some seeds fell along the path, and the birds came and devoured them. Other seeds fell on rocky ground, where they had much soil, and immediately they sprang up, since they had no depth of soil, but when the sun rose they were scorched; and since they had no root they withered away. Other seeds

fell upon thorns and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. He who has ears, let him hear."

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

Prayer over the Offerings

Receive, we pray, O Lord, these offering of our homage, and grant we may merit a share in the same blessing which you promised to Abraham and his descendants. Through Christ our Lord. **Amen.**

Communion Antiphon

(Ps (23) 24:5) **They received blessings from the Lord and mercy from the God their Saviour.**

**Prayer after Communion**

O God, who willed that your Only Begotten Son should be born from among humanity so that by a wonderful mystery humanity might be born

again from you; we pray that in your kindness, you may sanctify by the spirit of adoption those you have fed with the Bread you give your children. Through Christ our Lord. **Amen.**

Commentary**The Parable of the Sower****Matthew 13:1-9**

Today's Gospel is about the parable of the Sower who sow seeds in the field falling on different grounds. God is the sower. The word of God and His Kingdom is the seed. The different kinds of soils or grounds are our different ways of accepting God's word which produces different kinds of fruit. The parable reminds us to be doers of the Word of God and not just hearers or preachers especially in our concrete lives for He gives us His grace.

Rev. Sr. Mary Nzilani, Nairobi -Kenya



Thursday July 27

16th week in Ordinary Time

Entrance Antiphon

(Ps 53:6.8) See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

Collect

Show favour, O Lord, to your servants, and mercifully increase the gifts of your grace, that made fervent in hope, faith and charity, they may be ever watchful in keeping your commands. Through Christ our Lord. Amen.

Reading ————— (Exodus 19:1-2.9-11.16-20b)

A reading from the Book of Exodus

On the third new moon after the people of Israel had gone forth out of the land of Egypt, on that day they came into the wilderness of Sinai. And when they set out from Rephidim and came into the wilderness of Sinai, they encamped in the wilderness; and there Israel encamped before the mountain. And the Lord said to Moses, “Behold, I am coming to you in a thick cloud, that the people may

hear when I speak with you, and may also believe you for ever.” Then Moses told the words of the people to the Lord. And the Lord said to Moses, “Go to the people and consecrate them today and tomorrow, and let them wash their garments, and be ready by the third day; for on the third day the Lord will come down upon Mount Sinai in the sight of all the people.” On the morning of the third day there was thunder and lightning, and a thick cloud upon the mountain, and a very loud trumpet blast, so that all the people who were in the camp trembled. Then Moses brought the people out of the camp to meet God; and they took their stand at the foot of the mountain. And Mount Sinai was wrapped

in smoke, because the Lord descended upon it in fire; and the smoke of it went up like the smoke of a kiln, and the whole mountain quaked greatly. And as the sound of the trumpet grew louder and louder, Moses spoke, and God answered him in thunder. And the Lord came down upon Mount Sinai, to the top of the mountain; and the Lord called Moses to the top of the mountain. The word of the Lord.

Thanks be to God.

***Responsorial Psalm —
(Daniel 3: 29-30.31.33
32.34 (R 29b)***

***℟. You are to be praised
and highly exalted forever!***

Blessed are you, O Lord,
God of our fathers, and to be

praised and highly exalted forever; And blessed is your glorious, holy name and to be highly praised and highly exalted for ever. R.

Blessed are you in the temple of your holy glory and to be extolled and highly glorified for ever. R.

Blessed are you upon the throne of your kingdom and to be extolled and highly exalted for ever. R.

Blessed are you, who sit upon cherubim and look upon the deeps, / and to be praised and highly exalted for ever. R.

Blessed are you in the firmament of heaven and to be sung and glorified for ever. R.

Acclamation

(See Matthew 11:25)

Alleluia. Alleluia. Blessed are you, Father, Lord of heaven and earth, that you have revealed to little ones the mysteries of the kingdom. **Alleluia.**

Gospel —————

(Matthew 13:10-17)

A reading from the holy Gospel according to Matthew

At that time: The disciples came and said to Jesus, “Why do you speak to them in parables?” And he answered them, “To you it has been given to know the secrets of the kingdom of heaven, but to them it has not been given. For to him who has will more be given, and he will have abundance; but

from him who has not, even what he has will be taken away. This is why I speak to them in parables, because seeing they do not see, and hearing they do not hear, nor do they understand. With them indeed is fulfilled the prophecy of Isaiah which says: ‘You shall indeed hear but never understand, and you shall indeed see but never perceive. For this people’s heart has grown dull, and their ears are heavy of hearing, and their eyes they have closed, lest they should perceive with their eyes, and hear with their ears, and understand with their heart, and turn for me to heal them,’ “But blessed are your eyes, for they see, and your ears, for they hear. Truly, I say to you, many prophets and righteous men

longed to see what you see, and did not see it, and to hear what you hear, and did not hear it.”

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Prayer over the Offerings

O God, who in the one perfect sacrifice brought to completion varied offerings of the law; accept, we pray, this sacrifice from your faithful servants and make it holy, as you blessed the gifts of Abel, so that what each has offered to the honour of your majesty may benefit the salvation of all. Through Christ our Lord. **Amen.**

Communion Antiphon

(Ps 110:4-5) **The Lord, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.**

Prayer after Communion

Graciously be present to your people, we pray, O Lord and lead those you have imbued with heavenly mysteries to pass from former ways to newness of life. Through Christ our Lord. **Amen.**

The Purpose of Parables**Commentary****Matthew 13:10-17**

Jesus in today Gospel tells His disciples that not everyone would understand His parables which reveal the mysteries of the Kingdom of God. His Parables will enlighten us if we approach them with an open mind and heart, ready to let them challenge us. So, if we want to understand God's word and His Kingdom, we must listen with reverence to God. This calls us to seek to love, know and be united with Him as well as making Him the top priority in our life.

Rev. Sr. Mary Nzilani, Nairobi -Kenya



Friday July 28

16th week in Ordinary Time

Entrance Antiphon

(Ps (52) 53: 6.8) **See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.**

Collect

Show favour, O Lord, to your servants, and mercifully increase the gifts of your grace, that made fervent in hope, faith and charity, they may be ever watchful in keeping your commands. Through Christ our Lord. **Amen.**

Reading

(Exodus 20:1-17)

A reading from the Book of Exodus

In those days: God spoke all these words, saying, “I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no longer gods before me. You shall not make for yourself a graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall

not bow down to them, or serve them; for I the Lord your God am a jealous God, visiting the iniquity of the fathers upon their children to the third and the fourth generation of those who hate me, but showing mercy to thousands of those who love me and keep my commandments. “You shall not take the name of the Lord your God in vain; for the Lord will not hold him guiltless who takes his name in vain. “Remember the Sabbath day, to keep it holy. Six days you shall labour, and do all your work; but the seventh day is a Sabbath to the Lord your God; in it you shall do any work, you or your son, or your daughter, your manservant, or your

maidservant, or your cattle, or the sojourner who is within your gates; for in six days the Lord made heaven and earth, the sea, and all that is in them, and rested the seventh day, therefore the Lord blessed the Sabbath day and hallowed it. “Honour your father and your mother, that your days may be long in the land which the Lord your God gives you. “You shall not kill.” “You shall not bear false witness against your neighbour’s house; you shall not covet your neighbour’s wife, or his manservant, or his maidservant, or his ox, or his donkey, or anything that is your neighbour’s. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —
(Psalm 118:19)***

**R. Lord, you have the
words of eternal life.**

The law of the Lord is perfect; it revives the soul. The decrees of the Lord are steadfast; they give wisdom to the simple. R.

The precepts of the Lord are right; they gladden the heart. The command of the Lord is clear; it gives light to the eyes. R.

The fear of the Lord is pure, abiding forever. The judgments of the Lord are true; they are, all of them, just. R.

They are more to be desired than gold, than quantities of gold. And sweeter are they than

honey, than honey flowing from the comb. R.

***Acclamation
(Luke 8:15)***

Alleluia. Alleluia. Blessed are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience. **Alleluia.**

***Gospel —
(Matthew 13:18-25)***

A reading from the holy Gospel according to Matthew

At that time: Jesus said to his disciples, "Hear then the parable of the sower. When any one hears the word of the kingdom and does not understand it, the Evil One comes and snatches away what is sown in his heart;

this is what was sown along the path. As for what was sown on rocky ground, this is he who hears the word and immediately receives it with joy; yet he has no root in himself, but endures for a while, and when tribulation or persecution arises on account of the word, immediately he falls away. As for what was sown among thorns, this is he who hears the word, but the cares of the world and the delight in riches choke the word, and it proves unfruitful. As for what was sown on good soil, this is he who hears the word and understands it; he indeed bears fruit, and yields, in one case a hundredfold, in another sixty, and in another thirty.

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

Prayer over the Offerings

Receive, we pray, O Lord, these offerings of our homage, and grant we may merit a share in the same blessing which you promised to Abraham and his descendants. Through Christ our Lord. **Amen.**

Communion Antiphon

(Ps (23) 24:5) **They received blessings from the Lord and mercy from the God their Saviour.**

Prayer after Communion

O God, who willed that your Only Begotten Son should be born from among humanity so that by a wonderful mystery



humanity might be born again from you; we pray that in your kindness, you may sanctify by the spirit of adoption those you have fed with the Bread you give your children. Through Christ our Lord. **Amen.**

Theme: Explaining the Parables

Commentary

Matthew 13:18-23

Today Jesus is explaining to us the meaning of the parables. He is asking us to look at our lives and see if we are bearing fruit for if not, then, we are one of the other soils. This calls us to evaluate our hearts as soil. We ask ourselves, what aspects of worldly anxiety tend to choke our life of grace? We pray that God may create in our hearts good soil so that we may too continue to sow the seed of His Word, despite our life experience.

Rev. Sr. Mary Nzilani, Nairobi -Kenya



Saturday July 29

16th week in Ordinary Time

Memorial

Saint Martha, disciple of the Lord

Entrance Antiphon

(Lk 10:38) **Jesus entered a village, where a woman named Martha welcomed him into her home.**

Collect

Almighty ever-living God, whose Son was pleased to be welcomed in Saint Martha's house as a guest, grant, we pray, that, through her intercession, serving Christ faithfully in our brothers and sisters we may merit to be received by you in the halls of

heaven. Through Christ our Lord. **Amen.**

Reading —————
(Exodus 24:3-8)

A reading from the Book of Exodus

In those days: Moses came and told the people all the words of the Lord and all the ordinances; and all the people answered with one voice, and said, "All the words which the Lord has spoken we will do." And



Moses wrote all the words of the Lord. And he rose early in the morning, and built an altar at the foot of the mountain and twelve pillars, according to the twelve tribes of Israel. And he sent young men of the sons of Israel, who offered burnt offerings and sacrificed peace offerings of oxen to the Lord. And Moses took half of the blood and put it in basins, and half of the blood he threw against the altar. Then he took the book of the covenant, and read it in the hearing of the people; and they said, "All that the Lord has spoken we will do, and we will be obedient." And Moses took the blood and threw it upon the people, and said, "Behold, the blood

of the covenant which the Lord has made with you in accordance with all these words."

The word of the Lord.
Thanks be to God.

***Responsorial Psalm —
(Psalm (49) 50)***

**R. Give your praise as a
sacrifice to God.**

"The God of the gods, the Lord has spoken and summoned the earth, from the rising of the sun to its setting. Out of Sion, the perfection of beauty, God is shining forth." R.

"Gather my holy ones to me, who made covenant with me by sacrifice." The heavens proclaim his justice, for he, God, is the judge. R.

“Give your praise as a sacrifice to God, and fulfil your vows to the Most High. Then call on me in the day of distress. I will deliver you and you shall honour me.” R.

Acclamation

(James 1:21bc)

Alleluia. Alleluia. Receive with meekness the implanted word, which is able to save your souls.
Alleluia.

Gospel ————— *(Matthew 13:24-30)*

A reading from the holy Gospel according to Matthew

At that time: Another parable Jesus put before the crowds, saying, “The Kingdom of heaven may

be compared to a man who sowed good seed in his field; but while men were sleeping, his enemy came and sowed weeds among the wheat, and went away. So when the plants came and bore grain, then the weeds appeared also. And the servants of the householder came and said to him, “Sir, did you not sow good seed in your field? How then has it weeds? “He said to them, ‘An enemy has done this’. “The servants said to him, ‘Then do you want us to go and gather them?’ “But he said, ‘No; lest in gathering the weeds you root up the wheat along with them. Let both grow together until the harvest; and at harvest time I will tell the reapers, Gather the weeds first and



bind them in bundles to be burned, but gather the wheat into my barn.”

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

Prayer over the Offerings

As we proclaim your wonders in Saint Martha, O Lord, we humbly implore your majesty, that as her homage of love was pleasing to you, so, too, our dutiful service may

find favour in your sight. Through Christ our Lord.
Amen.

Communion Antiphon

(Jn 11:27) **Martha said to Jesus: You are the Christ the Son of God, the one who is coming into the world.**

Prayer after Communion

May the holy reception of the Body of your Only Begotten Son, O Lord, turn

us away from the cares of this fallen world, so that, following the example of Saint Martha, we may grow in sincere love for you on

earth and rejoice to behold you for eternity in heaven. Through Christ our Lord. **Amen.**

Martha's Profession of Faith

Commentary

Luke 10: 38-42

Today's memorial reminds us to redress any imbalances in our life for the many things that worry us in this world do not last long. Christ had come into Martha's house to be with her, but she was distracted about many things which could not help her to prepare for heaven. Sometimes our relationship with God can also be busy and full of activities. But all Jesus wants is for us to be with him, learn from him and let him love us.

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