

AFRICA

Living with Christ

GROWING UP DAILY WITH THE GOOD NEWS

Weekly LWCA

bayard afrique

**23rd Week
in Ordinary
Time**

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On our cover: The Holy Cross

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Editorial

September 2023



Rev. Fr. Walter C. Ihejirika, Nigeria

No Pain, No Gain

Within this week, the Church celebrates the Feast of the Exaltation of the Cross and the Memorial of our Lady of Sorrows. We praise and exalt our Lord Jesus Christ because on the Cross, he emptied himself (Phil 2:6-11) for the salvation of the world. A day after the celebration of the Exaltation of the Cross, we celebrate the Sorrowful Mother of Jesus Christ, who stood at the foot of the cross of her son (*Stabat Mater Dolorosa*). Saint Bernard calls this celebration, 'the Martyrdom of Mary'. She alone, without dying won the martyr's crown. As Simeon prophesied, a sword of sorrow pierced her heart. (Lk 2:33-35)

The important message from these two celebrations is that, there is no gain without some form of sacrifice. The Cross becomes our symbol of victory over the ancient serpent - the Devil. Our Lord thus declared - 'when I am lifted up, I shall draw all men to myself' (Jn 12:32). Because she experienced deep sorrow, Mary is able to sympathize and intercede for those who are sorrowful.



The Pope's Prayer Intention

For people living on the margins: We pray for those persons living on the margins of society, in inhumane life conditions; may they not be overlooked by institutions and never considered of lesser importance.

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



The Liturgy of the Eucharist: the Communion Rite

The communion rite goes from the Lord's Prayer (Our Father) to the Prayer after Communion. The Lord's prayer is very significant in the Holy Mass. Every Eucharistic celebration gathers all the people into one. As stated in the previous focus on the liturgy, the aim of the Eucharist is the building of the community: ***"...grant that we, who are nourished by the Body and Blood of your Son and filled with the Holy Spirit, may become one body and one Spirit in Christ"***. The Lord's prayer is recited or sung by God's children who are aware of belonging to the same Father. Some theologians sustain that it is the most important prayer of the Eucharistic celebration since it is the Lord himself who taught it to his disciples.

After the Lord's prayer, the liturgy foresees the prayer for peace followed by the sign of peace. It must be in line with the local customs. The sign of peace should not be an occasion for the assembly to shout and move from one place to another, creating confusion in

the liturgy. For this sign to maintain its meaning the faithful must perform it with calmness. Furthermore, it is important to know that the sign of peace is not compulsory. The rubric in the Missal is clear about that: “**«Then, if appropriate, the Deacon, or the Priest, adds»:** let us offer each other the sign of peace”. In some contexts, the sign of peace may be abolished; one of the major reasons being an epidemic or a pandemic like coronavirus. Contamination must be avoided in the Eucharistic celebration.

While offering each other the sign of peace, the faithful sing or recite the Agnus Dei (*Lamb of God*). The faithful prepare themselves to have the Body and the Blood of Jesus Christ. We don't deserve to receive such a great gift. That is why there is need for the assembly to ask for forgiveness before receiving the Body and Blood of Christ. In the Catholic Church there are two ways of receiving the Holy Communion: in the hand or on the tongue. But in some circumstances and for some reasons, the episcopal conference of the bishops of a specific country or a bishop of a given diocese may decide to abolish the reception of the Communion on the tongue.

While the celebrant and the other ministers distribute the Holy Communion to the faithful, the choir sings a Communion Antiphon or any other song that is in link with the celebration. After the distribution of the communion, the Missal foresees a sacred silence, or a psalm or other canticle of praise or a hymn. In some African dioceses, the choir sings a thanksgiving song to express gratitude to the Lord for the graces received in the Eucharistic celebration.

The prayer after Communion is the very last element of the Communion rite. In general, this prayer makes a connection between the Eucharistic celebration and life. In fact, liturgy is life. The faithful are invited to put into practice what they hear in the readings and in the homely. They are also invited to become what they receive.

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



Sunday September 10

Twenty-Third Sunday in Ordinary Time

*Ezekiel 33: 7-9 / Psalm 95: 1-2. 6-7. 8-9 (8) / Romans 13: 8-10 /
Matthew 18: 15-20*



“For where two or three are gathered in my name, there am I in the midst of them.” (Matthew 18:20)



Love Cares for Others

It is not surprising that the first reading talks about 'watchman'. The term already denotes our job description as Christians. Thus, we are to be each other's keeper. The prophet Ezekiel himself was appointed by God as a watchman over Israel (Ez. 33:7). This is because God loves us and cares about each of us.

In our Christian journey, we may face some dangers in trying to discharge our duties as watchmen for the Lord. Not speaking up at all and condoning to the wrongs of the other person; speaking up wrongly such that the person is not willing to reform the character. Indeed, it is good to bring others to the right path or the light of the truth, but the manner is equally important. Let speaking up be done in love.

The Gospel draws our attention to the fact that we must seek to reconcile with one another whenever there is conflict. It even makes it clear on how we should go about the reconciliation. The sad thing is that we sometimes hold in the pain and hurt waiting for an opportune time to give the other a befitting response. This unfortunately



Sunday September 10

leads to bitterness signified by frowning of faces, usage of only sign language and among others.

Simply put by Jesus, if a brother or sister sins against you, you have to go to him, address it and do it in love. There is no need exaggerating it or blowing little things out of proportion. Don't go about telling it to others. Do it in 'secret'. There is a need not to give up the fight of resolving a conflict. Move further to the Church and let Christ and his body be involved in the resolution of the conflict. Love sacrifices all for that which it loves. Conflicts are bound to occur but merit to be resolved.

When love cares about the other person that is when we fulfil Christ's goal of making us one. In this unity, we will be able to seek the common good which Christ has assured that it will be granted. Let us be watchmen of the Lord by being alert, advising others to get off the wrong direction and seeking the well being of one another.

Rev. Fr. Winfred Tawiah, Ghana



Entrance Antiphon (*Psalm* ⁽¹¹⁷⁾ 118:137.124)

You are just, O Lord, and your judgement is right; treat your servant in accord with your merciful love.

Collect

O God, by whom we are redeemed and receive adoption, look graciously upon your beloved sons and daughters, that those who believe in Christ may receive true freedom and an everlasting inheritance. Through Christ our Lord. **Amen.**

First Reading (*Ezekiel* 33:7-9) _____

A reading from the Book of the Prophet Ezekiel

Thus says the Lord: “You, son of man, I have made a watchman for the house of Israel; whenever you hear a word from my mouth, you shall give them warning from me. If I say to the wicked, O wicked man, you shall surely die, and you do not speak to warn the wicked to turn from his way, that wicked man shall die in his iniquity, but his blood I will require at your hand. But if you warn the wicked to turn from his way, and he does not turn from his way; he shall die in his iniquity, but you will have saved your life.”

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



Sunday September 10

Responsorial Psalm _____
(Psalm (94) 95:1-2.6-7abc.7d-9)



℣. O that today you would listen to his voice!
Harden not your hearts.

Come, let us ring out our joy to the Lord;
hail the rock who saves us.
Let us come into his presence, giving thanks;
let us hail him with a song of praise. ***℣.***

O come; let us bow and bend low.
Let us kneel before the God who made us,
for he is our God and we the people who belong to his
pasture, the flock that is led by his hand. ***℣.***



O that today you should listen to his voice!
“Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your forebears put me to the test;
when they tried me, though they saw my work.” R.

Second Reading (Romans 13:8-10) —————

A reading from the Letter of Saint Paul to the Romans

Brethren: Owe no one anything, except to love one another; for he who loves his neighbour has fulfilled the law. The commandments, “You shall not commit adultery, You shall not kill, You shall not steal, You shall not covet,” and any other commandment, are summed up in this sentence, “You shall love your neighbour as yourself.” Love does no wrong to a neighbour; therefore love is the fulfilling of the law. The word of the Lord. **Thanks be to God.**

Acclamation (2 Corinthians 5:19)

Alleluia. Alleluia. God was in Christ reconciling the world to himself, and entrusting to us the message of reconciliation. **Alleluia.**



Sunday September 10

Gospel (Matthew 18:15-20)

A reading from the holy Gospel according to Matthew

At that time: Jesus said to his disciples, “If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother. But if he does not listen, take one or two others along with you, that every word may be confirmed by the evidence of two or three witnesses. If he refuses to listen to them, tell it to the Church; and if he refuses to listen even to the Church, let him be to you as a Gentile and a tax collector. Truly, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven. Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I in the midst of them.”

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, we pray to the Lord: R.

For forgiveness and selflessness in our communities and our homes, 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 parish community, challenged to see the face of Christ in everyone, we pray to the Lord: R.

Prayer over the Offerings

O God, who give us the gift of true prayer and of peace, graciously grant through this offering, we may do fitting homage to your divine majesty and by partaking of the



Sunday September 10

sacred mystery, we may be faithfully united in mind and heart. Through Christ our Lord. **Amen.**

Communion Antiphon (*Psalm (41) 42: 2-3*)

Like the deer that yearns for running streams, so my soul is yearning for you, my God; my soul is thirsting for God, the living God.

Prayer after Communion

Grant that your faithful, O Lord, whom you nourish and endow with life through the food of your word and heavenly Sacrament, may so benefit from your beloved Son's great gifts that we may merit an eternal share in his life. Who lives and reigns for ever and ever. **Amen.**



Monday September 11

23rd week in Ordinary Time

Entrance Antiphon

(Psalm (117) 118) **You are just, O Lord, and your judgement is right; treat your servant in accord with your merciful love.**

Collect

O God, by whom we are redeemed and receive adoption, look graciously upon your beloved sons and daughters, that those who believe in Christ may receive true freedom and an everlasting inheritance. Through our Lord Jesus Christ. **Amen.**

Reading

(Colossians 1:24-2:3)

A reading from the Letter of Saint Paul to the Colossians

Brethren: Now I rejoice in my sufferings for your sake, and in my flesh I complete what is lacking in Christ's afflictions for the sake of his body, that is, the Church, of which I became a minister according to the divine office which was given to me for you, to make the word of God fully known, the mystery hidden for ages and generations but



now made manifest to his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of his mystery, which is Christ in you, the hope of glory. Him we proclaim, warning every man and teaching every man in all wisdom, that we may present every man mature in Christ. For this I toil, striving with all the energy which he mightily inspires within me. For I want you to know how greatly I strive for you, and for those at Laodicea, and for all who have not seen my face, that their hearts may be encouraged as they are knit together in love, to have all the riches of assured understanding and the knowledge of

God's mystery, of Christ, in whom are hidden all the treasures of wisdom and knowledge. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm——
(Psalm (61) 62)***

**R. In God is my salvation
and glory.**

In God alone be at rest, my soul, for my hope is from him. He alone is my rock, my salvation, my fortress; never shall I falter. R.

Trust him at all times, O people. Pour out your hearts before him, for God is our refuge. R.



Acclamation

(John 10:27)

Alleluia. Alleluia. My sheep hear my voice, says the Lord; and I know them, and they follow me. **Alleluia.**

Gospel

(Luke 6:6-11)

A reading from the holy Gospel according to Luke

It happened that, on a Sabbath, when Jesus entered the synagogue and taught, a man was there whose right hand was withered. And the scribes and the Pharisees watched him, to see whether he would heal on the Sabbath, so that they might find an accusation against him. But he knew their thoughts, and he said to the man who had the

withered hand, "Come and stand here." And he rose and stood there. And Jesus said to them, "I ask you, is it lawful on the Sabbath to do good or do harm, to save life or to destroy it?"

And he looked around on them all, and said to him, "Stretch out your hand." And he did so, and his hand was restored. But they were filled with fury and discussed with one another what they might do to Jesus.

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

Prayer over the Offerings

O God, who give us the gift of true prayer and of peace, graciously grant that through this offering, we may do fitting homage

to your divine majesty and by partaking of the sacred mystery, we may be faithfully united in mind and heart. Through Christ our Lord. **Amen.**

Communion Antiphon

(Psalm (41) 42: 2-3) **Like the deer that yearns for running streams, so my soul is yearning for you, my God; my soul is thirsting for God, the living God.**

Or

(John 8:12)

I am the light of the world, says the Lord; the one who follows me shall not walk in darkness but shall have the light of life.

Prayer after Communion

Grant that your faithful, O Lord, whom you nourish and endow with life through the food of



your word and heavenly Sacrament, may so benefit from your beloved Son's great gifts that we may

merit an eternal share in his life. Who lives and reigns for ever and ever. **Amen.**

Doing Good to Others

Commentary

Colossians 1:24-2:3

Luke. 6:6-11

Saint Paul saw Christ in the people he had been appointed over. This was why he was tireless in service. It is this Christ, who is the hope of glory. Let us strive too to sacrifice and work for people we are placed over or who we come into contact with so that, Christ will show forth in their lives. Christ's glory may be seen in them too. Just as Jesus did, let us see him in others especially the vulnerable and manifest his glory in their lives despite the persecution from some others.

Rev. Fr. Winfred Tawiah, Ghana



Tuesday September 12

23rd week in Ordinary Time

Ferial

Or The Most Holy Name of Mary

Entrance Antiphon

(Psalm (117) 118) **You are just, O Lord, and your judgement is right; treat your servant in accord with your merciful love.**

Collect

O God, by whom we are redeemed and receive adoption, look graciously upon your beloved sons and daughters, that those who believe in Christ may receive true freedom and an everlasting inheritance. Through our Lord Jesus Christ. **Amen.**

Reading ————— *(Colossians 2:6-15)*

A reading from the Letter of Saint Paul to the Colossians

Brethren: As you received Christ Jesus the Lord, so live in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. See to it that no one makes a prey of you by philosophy and empty deceit, according to human tradition, according to the elemental

spirits of the universe, and not according to Christ. For in him the whole fullness of deity dwells bodily, and you have come to fullness of life in him, who is the head of all rule and authority. In him also you were circumcised with a circumcision made without hands, by putting off the body of flesh in the circumcision of Christ; and you were buried with him in baptism, in which you were also raised with him through faith in the working of God, who raised him from the dead. And you, who were dead in trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, having cancelled the bond which stood against us with its legal demands; this he set aside,

nailing it to the cross. He disarmed the principalities and powers and made a public example of them, triumphing over them in him. The word of the Lord.
Thanks be to God.

***Responsorial Psalm —
(Psalm ⁽¹⁴⁴⁾ 145)***

***R.* How good is the Lord to all.**

I will extol you, my God and king, and bless your name forever and ever. I will bless you day after day, and praise your name forever and ever. *R.*

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. *R.*

All your works shall thank you, O Lord, and all your faithful ones bless you. They shall speak of the glory of your reign, and declare your mighty deeds. 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

(Luke 6:12-19)

A reading from the holy Gospel according to Luke

It happened that in these days Jesus went out into the hills to pray; and all night he continued in

prayer to God. And when it was day, he called his disciples, and chose from them twelve, whom he named apostles; Simon, whom he named Peter, and Andrew his brother, and James and John, and Philip, and Bartholomew, and Matthew, and Thomas, and James the son of Alphaeus, and Simon who was called the Zealot, and Judas the son of James, and Judas Iscariot, who became a traitor. And he came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea and Jerusalem and the seacoast of Tyre and Sidon, who came to hear him and to be healed of their diseases; and



those who were troubled with unclean spirits were cured. And all the crowd sought to touch him, for power came forth from him and healed them all. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

O God, who give us the gift of true prayer and of peace, graciously grant that through this offering, we may do fitting homage to your divine majesty and by partaking of the sacred mystery, we may be faithfully united in mind and heart. Through Christ our Lord. **Amen.**

Communion Antiphon

(Psalm (41) 42: 2-3) **Like the deer that yearns for running streams, so my soul is yearning for you, my God; my soul is thirsting for God, the living God.**
Or

(John 8:12)

I am the light of the world, says the Lord; the one who follows me shall not walk in darkness but shall have the light of life.

Prayer after Communion

Grant that your faithful, O Lord, whom you nourish and endow with life through the food of

your word and heavenly Sacrament, may so benefit from your beloved Son's great gifts that we may

merit an eternal share in his life. Who lives and reigns for ever and ever. **Amen.**

Touching Christ

Commentary

Colossians. 2:6-15

Luke. 6:12-19

Jesus in the Gospel reading demonstrates to us that Christian faith does not rest on dogma or any idea. It rests on a relationship with one person and the person of Christ. Everything flows from our personal relationship with, and in Christ. No wonder St. Paul in the first reading reminds us to make Christ our doctrine if we have accepted him as Lord. The crowd wanted to touch Jesus so as to be healed. We touch Jesus daily in the Eucharist, who by our faith will be remedy for our illness and weakness.

Rev. Fr. Winfred Tawiah, Ghana



Wednesday September 13

23rd week in Ordinary Time

Memorial

Saint John Chrysostom, bishop and doctor

Entrance Antiphon

(Daniel 12:3) **Those who are wise will shine brightly like the splendor of the firmament and those who lead the many to justice shall be like the stars forever.**

Collect

O God strength of those who hope in you, who willed that the Bishop Saint John Chrysostom should be illustrious by his wonderful eloquence and his experience of suffering, grant us, we

pray, that, instructed by his teachings, we may be strengthened through the example of his invincible patience. Through Christ our Lord. **Amen.**

Reading ————— **(Colossians 3:1-11)**

A reading from the holy Gospel according to Colossians

Brethren: If you have been raised with Christ, seek the things that are above, where Christ is, seated at the right

hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with him in glory. Put to death therefore what is earthly in you: immorality, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming. In these you once walked, when you lived in them. But now put them all away: anger, wrath, malice, slander, and foul talk from your mouth. Do not lie to one another, seeing that you have put off the old man with his practices have put on the new man, who is being renewed in knowledge after

the image of his creator. Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —
(Psalm ⁽¹⁴⁴⁾ 145)***

R. How good is the Lord to all.

I will bless you day after day, and praise your name forever and ever. The Lord is great and highly to be praised; his greatness cannot be measured. R.

All your works shall thank you, O Lord, and all your faithful ones bless you. They shall speak of the glory of your reign,



and declare your mighty deeds. *R*

They shall make known your mighty to the children of men, and the glorious splendor of your reign. Your kingdom is an everlasting kingdom; your rule endures for all generations. *R*

Acclamation

(Luke 6:23ab)

Alleluia. Alleluia. Rejoice and leap for joy, says the Lord, for behold, your reward is great in heaven.
Alleluia.

Gospel

(Luke 6:20-26)

A reading from the holy Gospel according to Luke

At that time: Jesus lifted up his eyes on his disciples and said: “Blessed are you poor, for yours is the kingdom of God. Blessed are you that hunger now, for you shall be satisfied. Blessed are you that weep now, for you shall laugh. Blessed are you when men hate you, and when they exclude you and revile you, and cast out your name as evil, on account of the Son of man! Rejoice in that day, and leap for joy for behold, your reward is great in heaven; for so their fathers did to the prophets. “But woe to you that are rich, for you have received your consolation. “Woe to you that are full now, for you shall hunger. “Woe to you that laugh now, for you shall mourn and weep.

“Woe to you, when all men speak well of you, for so their fathers did to the false prophets.”

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

Prayer over the Offerings

May the sacrifice which we gladly present in commemoration of Saint John Chrysostom be pleasing to you, O God,

for taught by him, we, too, give ourselves entirely to you in praise. Through Christ our Lord. **Amen.**

Communion Antiphon

(1 Corinthians 1:23-24) **We preach Christ crucified; Christ, the power of God, and the wisdom of God.**

Prayer after Communion

Grant, O merciful God, that these mysteries

we have received as we commemorate Saint John Chrysostom, may confirm us in your love and enable us

to be faithful in confessing your truth. Through Christ our Lord. **Amen.**

God's Grace

Commentary

Luke 6:20-26

John depended on the graciousness of God. In this graciousness, God gave him the gift of eloquence which enabled him to speak the truth. Interestingly, he was given the name “Chrysostom” which means “golden mouth”. Even in exile, he still had patience and hungered and tested for righteousness. Let us avail ourselves through hardwork and above all self-discipline. Let us depend on the graciousness of God with our personal efforts. May God remain gracious to us always.

Rev. Fr. Winfred Tawiah, Ghana



Thursday September 14

23rd week in Ordinary Time

Feast

The Exaltation of the Holy Cross

Entrance Antiphon

(Galatians 6:14) We should glory in the cross of our Lord Jesus Christ, in whom is our salvation, life and resurrection, through whom we are saved and delivered.

on earth may merit the grace of his redemption in heaven. Through Christ our Lord. **Amen.**

First Reading ————— **(Numbers 21:4b-9)**

A reading from the Book of Numbers

The Gloria is said.

Collect

O God, who willed that your Only Begotten Son should undergo the cross to save the human race, grant, we pray, that we who have known his mystery

In those days: The people became impatient on the way. And the people spoke against God and against Moses, “Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no

water, and we loathe this worthless food.” Then the Lord sent fiery serpents among the people, and they bit the people, so that many sons of Israel died. And the people came to Moses, and said, “We have sinned, for we have spoken against the Lord and against you; pray to the Lord, that he take away the serpents from us.” So Moses prayed for the people. And the Lord said to Moses, “Make a fiery serpent, and set up as a sign; and every one who is bitten, when he sees it, shall live.” So Moses made a bronze serpent, and set it up as a sign; and if a serpent bit any man, he would look at the bronze serpent and live.

The word of the Lord.
Thanks be to God.

Responsorial Psalm —
(Psalm (77) 78:1-2.34-35.36-37.38)

R. Never forget the deeds of the Lord!

Give ear, my people, to my teaching; incline your ear to the words of my mouth. I will open my mouth in a parable and utter hidden lessons of the past. R.

When he slew them, then they sought him, repented and earnestly sought God. They would remember that God was their rock, God the Most High their redeemer. R.

Yet they deceived him with their mouths; they

lied to him with their tongues. For their hearts were not steadfast towards him; they were not faithful to his covenant. R.

Yet he who is full of compassion forgave them their sin and spared them. So often he held back his anger, and did not stir up all his rage. R.

Second Reading ———
(Philippians 2:6-11)

**A reading from the Letter
of Saint Paul to the
Philippians**

Christ Jesus, though he was in the form of God, did not count equality with God a thing to be

grasped, but emptied himself, taking the form of a servant, being born in the likeness of men. And being found in human form he humbled himself and became obedient unto death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name which is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

The word of the Lord.
Thanks be to God.



Acclamation

Alleluia. Alleluia. We adore you, O Christ, and we bless you, because by your Cross you have redeemed the world. **Alleluia.**

Gospel ————— (John 3:13-17)

A reading from the holy Gospel according to John

At that time: Jesus said to Nicodemus, “No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life.” For God so loved the world that he gave his only-begotten

Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him.

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

Prayer over the Offerings

May this oblation, O Lord, which on the altar of the Cross cancelled the offence of the whole world, cleanse us, we pray, of all our sins. Through Christ our Lord. **Amen.**

Communion Antiphon

(John 12:32) **When I am lifted up from the earth, I will draw everyone to myself, says the Lord.**

Prayer after Communion

Having been nourished by your holy banquet, we beseech you, Lord Jesus Christ, to bring those you have redeemed by the

wood of your life-giving Cross to the glory of the resurrection. Who lives and reigns for ever and ever. **Amen.**

**The Triumph
of the Cross****Commentary****John. 3:13-17**

This feast gives us the opportunity to ponder on the mystery of the cross. The Cross is a symbol that points us to a reality. Indeed, real love stories have no end. The Cross reminds us of God's infinite love for us though we are finite and imperfect. It points us to the unfathomable love of God (Jn. 3:16). The Cross also points to God's forgiveness of mankind. The Cross is a symbol of humility. We see in it the humility of Jesus. It is also a symbol of self-sacrifice. 'He emptied Himself'

Rev. Fr. Winfred Tawiah, Ghana



Friday September 15

23rd week in Ordinary Time

Memorial

Our Lady of Sorrows

Entrance Antiphon

(Luke 2:34-35) **Simeon said to Mary: Behold, this child is destined for the ruin and rising of many in Israel, and to be a sign of contradiction; and your own soul a sword will pierce.**

Collect

O God, who willed that when your Son was lifted high on the Cross, his Mother should stand close by and share his suffering, grant that your Church, participating, with the Virgin Mary in the Passion

of Christ, may merit a share in his Resurrection. Who lives and reigns with you. **Amen.**

Reading ————— *(Hebrews 5:7-9)*

A reading from the Letter to the Hebrews

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard for his godly fear. Although he was

a Son, he learned obedience through what he suffered; and being made perfect he became the source of eternal salvation to all who obey him. The word of the Lord.
Thanks be to God.

***Responsorial Psalm —
(Psalm 31:1-2ab. 2cd-
3.4-5.14-15.19)***

R. Save me, O Lord, in your merciful love.

In you, O Lord, I take refuge. Let me never be put to shame. In your justice, set me free; incline your ear to me, and speedily rescue me. *R.*

Be a rock of refuge for me, a mighty stronghold to save me. For you are my

rock, my stronghold! Lead me, guide me, for the sake of your name. *R.*

Release me from the snare they have hidden, for you indeed are my refuge. Into your hands I commend my spirit. You will redeem me, O Lord, O faithful God. *R.*

But as for me, I trust in you, O Lord; I say, “You are my God. My lot is in your hands, deliver me from the hands of my enemies and those who pursue me.” *R.*

How great is the goodness, Lord, that you keep for those who fear you, that you show to those who trust you in the sight of the children of men. *R.*



Acclamation

(John 17:17ba)

Alleluia. Alleluia. Blessed is the Blessed Virgin Mary; for, without dying, she merited the palm of martyrdom at the foot of the Lord's cross. **Alleluia.**

Gospel

(John 19:25b-27)

A reading from the holy Gospel according to John

Standing by the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold your son!" Then he said to the disciple,

"Behold, your mother!" And from that hour the disciple took her to his own home. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Or the following:

Gospel

(Luke 2:33-35)

A reading from the holy Gospel according to Luke

At that time: The father and mother of Jesus marvelled at what was said about him; and Simeon blessed them and said to Mary his mother, "Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also) that

thoughts out of many hearts may be revealed.” The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

Receive, O merciful God, to the praise of your name the prayers and sacrificial offerings which we bring to you as we venerate the Blessed Virgin Mary, whom you graciously gave to us as a most devoted Mother when she stood by the

Cross of Jesus. Who lives for ever and ever. **Amen.**

Communion Antiphon

(1 Peter 4:13) **Rejoice when you share in the sufferings of Christ, that you may also rejoice exultantly when his glory is revealed.**

Prayer after Communion

Having received the Sacrament of eternal redemption, we humbly ask, O Lord, that, honouring how the Blessed Virgin Mary

suffered with her Son, we may complete in ourselves for the Church's sake what is lacking in the sufferings of Christ. Who lives and reigns for ever and ever. **Amen.**

Our Lady of Sorrows

Commentary

Luke 2:33-35)

Today's memorial is closely related to the Cross. Exactly so, Mary is close to her Son. A good mother is one who is always touched by the feelings of her child. When Jesus died on the Cross, Mary also experienced the bitterness of death.

Mary was quiet throughout her seven sorrows, but her presence was loud. Let us draw closer to people in their difficult moments just as Mary did to her Son. Let us ask Our Lady of sorrows to intercede for us always.

Rev. Fr. Winfred Tawiah, Ghana



Saturday September 16

23rd week in Ordinary Time

Memorial

Sts Cornelius, pope, and Cyprian, bishop, Martyrs

Entrance Antiphon

(Sirach 36:18) **Give peace, O Lord, to those who wait for you, that your prophets be found true. Hear the prayers of your servant, and of your people Israel.**

Collect

O God, who gave Saints Cornelius and Cyprian to your people as diligent shepherds and valiant Martyrs, grant that, through their intercession, we may be strengthened in faith

and constancy and spend ourselves without reserve for the unity of the Church. Through Christ our Lord. **Amen.**

Reading ————— *(1 Timothy 1:15-17)*

A reading from the first Letter of Saint Paul to Timothy

“He came into the world to save sinners.”

A reading from the first Letter of Saint Paul to Timothy Beloved: The



saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners. And I am the foremost of sinners; but I received mercy for this reason, that in me, as the foremost, Jesus Christ might display his perfect patience for an example to those who were to believe in him for eternal life. To the King of ages, immortal, invisible, the only God, be honour and glory for ever and ever. Amen. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —
(Psalm ⁽¹¹²⁾ 113:1-2.3-4.5a and 6-7 (R. 2)***

R. May the name of the Lord be blest forevermore.

Or: Alleluia.

Praise, O servants of the Lord, I praise the name of the Lord! May the name of the Lord be blest both now and forevermore! R.

From the rising of the sun to its setting, praised be the name of the Lord! High above all nations is the Lord, above the heavens his glory. R.

Who is like the Lord, our God, who lowers himself to look down I upon heaven and earth? From the dust he lifts up

the lowly, from the ash heap he raises the poor. R.

Acclamation

(John 14:23)

Alleluia. Alleluia. If a man loves me, he will keep my word, says the Lord; and my Father will love him, and we will come to him. **Alleluia.**

Gospel

(Luke 6:43-49)

A reading from the holy Gospel according to Luke

At that time: Jesus said to his disciples, “No good tree bears bad fruit, nor again does a bad tree bear good fruit; for each tree is known by its own fruit. For figs are not

gathered from thorns, nor are grapes picked from a bramble bush. The good man out of the good treasure of his heart produces good, and the evil man out of his evil treasure produces evil; for out of the abundance of the heart his mouth speaks. “Why do you call me ‘Lord, Lord,’ and not do what I tell you? Every one who comes to me and hears my words and does them, I will show you what he is like: he is like a man building a house, who dug deep, and laid the foundation upon rock; and when a flood arose, the stream broke against that house, and could not shake it, because it had been well built. But he who hears



and does not do them is like a man who built a house on the ground without a foundation; against which the stream broke, and immediately it fell, and the ruin of that house was great.” The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Prayer over the Offerings

Receive, we pray, O Lord, the offerings of your people in honour of the passion of your holy Martyrs Saints Cornelius and Cyprian, and may

the gifts that gave them courage under persecution make us, too, steadfast in all trails. Through Christ our Lord. **Amen.**

Communion Antiphon

(Ps (35) 36:8) **How precious is your mercy, O God! The children of men seek shelter in the shadow of your wings.**

Prayer after Communion

Through these mysteries which we have received, we humbly beseech you, O Lord, that, by the example of the Martyrs Saints

Cornelius and Cyprian, we may be strengthened with the fortitude of your Spirit to bear witness to the truth

of the Gospel. Through Christ our Lord. **Amen.**

Saints Cornelius and Cyprian

Commentary

1 Timothy. 1:15-17

The liturgy of today sets the tone for us to simply 'prepare for the storms.' Sts. Cornelius and Cyprian both lived at a time when the Church was facing persecution. They had built their faith in God as manifested in their love for God and love for neighbour so no persecution or martyrdom could deter them at all. As Christians, storms will come but if we prepare well now, by building our faith on God's word and the sacraments, no storm can defeat or bring down our building of faith.

Rev. Fr. Winfred Tawiah, Ghana



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