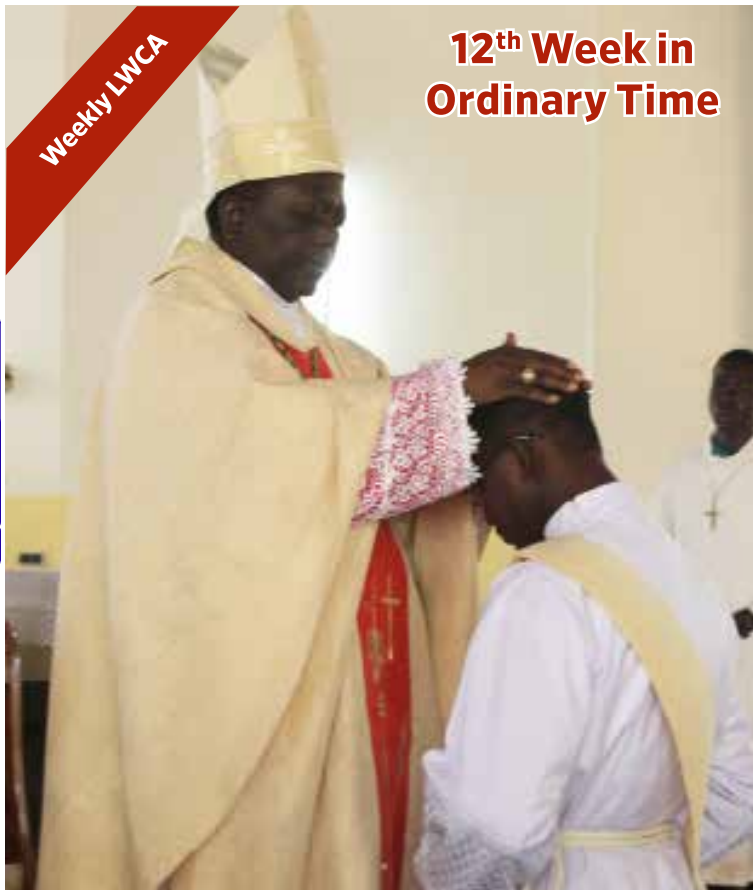


Weekly LWCA

**12th Week in
Ordinary Time**

bayard afrique



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Editorial

July 2023



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

The Love of God, Source of Love of Others

This week, Jesus' teaching is about the love of God above all. The love of God is the basis of love in every relationship. We have to realize that the only way to authentically love one's family members is to first love God with our whole heart, mind, soul and strength. The love of one's family members and others must flow from the pure and total love of God.

Jesus' teaching about the love of God as source of love of others is a call to make sure we are not only loving Him fully, but also a call to make sure we fully love our family by allowing our love of God to become the source of our love for others. This week, we will be reflecting upon how we can truly love our family members through the love we have for God so that the love of God may be the basis of love in every relationship and discipleship.



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 2

13th Sunday In Ordinary Time

2 Kings 4: 8-11. 14-16a / Psalm 89: 2-3. 16-17. 18-19 (2a) /
Romans 6: 3-4. 8-11 / Matthew 10: 37-42



“And whoever gives to one of these little ones even a cup of cold water because he is a disciple, truly, I say to you, he shall not lose his reward.”(Matthew 10:42)



The Glass of Water Given to the Prophet

At the beginning of our reflection let us ask ourselves the following questions: Where is my heart? What is my deepest desire? How do I consider myself before God? Have I done my part to help and sanctify the servants of God? Our gospel reading relates to us an intriguing message from Jesus Christ which cuts deep into our own human nature. Many languages have a saying similar to this: one will go where his or her heart is. Luke 12:34 has the same sentiment – “wherever your treasure is, that is where your heart will be too.”

Jesus then gives us a response to how and where we should place our heart. It is a three-fold request: love for him; carrying one's cross; and surrendering one's life to him. He goes on to contrast love for him to love of one's family – to him, Jesus should be loved more than parents or siblings or children or friends. It is surely radical, but that is what it means to follow Christ. That is why his message really cuts deep. Family is external, we should also deny our very selves, losing ourselves in search for him. To him, our hearts should go; doing his will should be our desire; before him,



Sunday July 2

we should consider ourselves dead. In baptism, we died with him, in faith, we live with him. Take note of the tense (we died – once; we live – forever).

We deserve this life of his if we deny ourselves and that which is dearest to us for his sake. For him, everything else comes after and value by him.

In addition, Jesus calls us to a radical respect for his message carried by his messengers. It is this radical, this difficult, this disturbing and also hope awakening message that we have to receive as not from those people, but from Jesus himself. We should not forget our individual responsibility in the sanctification of those weak instruments carrying his message. By receiving them, it is him we receive. The reward to the lady of Shunem and her husband, to each of us will be the crown of eternal glory.

Rev. Fr. Kahindo K. Emmanuel, Nairobi-Kenya



Entrance Antiphon (*PS (45) 46:2*)

All peoples, clap your hands. Cry to God with shouts of joy!

Collect

God, who through the grace of adoption chose us to be children of light, grant, we pray, that we may not be wrapped in the darkness of error but always be seen to stand in the bright light of truth. Through Christ our Lord. **Amen.**

First Reading (2 Kings 4:8-11.14-16a) _____

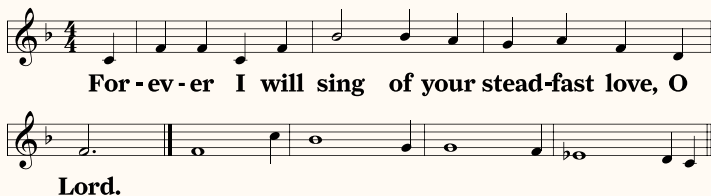
A reading from the second Book of Kings

One day Elisha went on to Shunem, where a wealthy woman lived, who urged him to eat some food. So whenever he passed that way, he would turn in there to eat food. And she said to her husband, “Behold now, I perceive that this is a holy man of God, who is continually passing our way. Let us make a small roof chamber with walls, and put there for him a bed, a table, a chair, and a lamp, so that whenever he comes to us, he can go in there.” One day he came there, and he turned into the chamber and rested there. And he said to Gehazi his servant, “What is to be done for her?” Gehazi answered,



“Well, she has no son, and her husband is old.” He said, “Call her.” And when he had called her, she stood in the doorway. And he said, “At this season, when the time comes round, you shall embrace a son.” The word of the Lord. **Thanks be to God.**

Responsorial Psalm — *(Psalm (88) 89:2-3.16-17.18-19)*



R. I will sing forever of your mercies, O Lord.

I will sing forever of your mercies, O Lord;
through all ages my mouth will proclaim your fidelity.
I have declared your mercy is established forever;
your fidelity stands firm as the heavens. **R.**



How blessed the people who know your praise,
who walk, O Lord, in the light of your face,
who find their joy every day in your name,
who make your justice their joyful acclaim. R.

For you are the glory of their strength;
by your favour it is that our might is exalted.
Behold, the Lord is our shield;
he is the Holy One of Israel, our king. R.

Second Reading (Romans 6:3-4.8-11) —————

A reading from the Letter of Saint Paul to the Romans

Brethren: All of us who have been baptised into Christ Jesus were baptised into his death. We were buried therefore with him by baptism into death, so that as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. But if we have died with Christ, we believe that we shall also live with him. For we know that Christ being raised from the dead will never die again; death no longer has dominion over him. The death he died he died to sin, once for all, but the life he lives he lives to God. So you also must consider yourselves dead to sin and



Sunday July 2

alive to God in Christ Jesus. The word of the Lord.
Thanks be to God.

Acclamation (*1 Peter 2:9*)

Alleluia. Alleluia. You are a chosen race, a royal priesthood, a holy nation; declare the wonderful deeds of him who called you out of darkness into his marvellous light. **Alleluia.**

Gospel (*Matthew 10:37-42*)

A reading from the holy Gospel according to Matthew

At that time: Jesus said to his apostles, “He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; and he who does not take his cross and follow me is not worthy of me. He who finds his life will lose it, and he who loses his life for my sake will find it. “He who receives you receives me, and he who receives me receives him who sent me. He who receives a prophet because he is a prophet shall receive a prophet’s reward, and he who receives a righteous man because he is a righteous man shall receive a righteous man’s reward. And whoever gives to one of these little ones



even a cup of cold water because he is a disciple, truly, I say to you, he shall not lose his reward.”

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

Prayer of the Faithful

The following intentions are suggestions only.

R. Lord, hear us !

For the Pope, bishops, priests, deacons and catechists, we pray to the Lord. R.

For our traditional and political leaders in Africa and in the rest of the world, let us cry out to the Lord. R.

For those threatened and killed for their faith, let us cry out to the Lord our God. R.

For a better governance in Africa and in the world, especially in this pandemic time, let us pray to the Lord. R.

For children, old people, the sick and the victims of terrorism ; for peace and unity especially in Africa, let us pray to the Lord. R.



Sunday July 2

Prayer over the Offerings

O God, who graciously accomplish the effects of your mysteries, grant, we pray, that the deeds by which we serve you may be worthy of these sacred gifts. Through Christ our Lord. **Amen.**

Communion Antiphon (*Ps (101) 102: 1*)

Bless the Lord, O my soul, and all within me, his holy name.

Prayer after Communion

May this divine sacrifice we have offered and received fill us with life, O Lord, we pray, so that, bound to you in lasting charity, we may bear fruit that lasts for ever. Through Christ our Lord. **Amen.**



Monday July 3

13th Week in Ordinary Time

Feast

Saint Thomas, apostle

Entrance Antiphon

(Ps (117) 118:28.21) **You are my God, and I confess you: you are my God, and I exalt you; I will thank you for you became my saviour.**

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

Collect

Grant, almighty God, that we may glory in the feast of the blessed Apostle Thomas, so that we may always be sustained by his intercession, and,

believing, may have life in the name of Jesus Christ your Son, whom Thomas acknowledged as the Lord. Who lives and reigns with you for ever and ever. **Amen.**

Reading ————— **(Ephesians 2:19-22)**

A reading from the Letter of Saint Paul to the Ephesians

Brethren: You are no longer strangers and sojourners, but you are fellow citizens with the



Monday July 3

saints and members of the household of God, built upon the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, in whom the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built into it for a dwelling place of God in the Spirit. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm*——**
(Psalm⁽¹¹⁶⁾ 117:1.2 (R. Mark 16:15)

R. Go into all the world and preach the Gospel.

O praise the Lord, all you nations; acclaim him, all you peoples! R

For his merciful love has prevailed over us; and the Lord's faithfulness endures for ever. R

Acclamation
(John 20:29)

Alleluia. Alleluia. You believed, Thomas, because you have seen me, says the Lord; blessed are those who have not seen and yet believe. **Alleluia.**

***Gospel*——**
(John 20:24-29)

A reading from the holy Gospel according to John

Thomas, one of the Twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But



he said to them, “Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe.” Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, “Peace be with you.” Then he said to Thomas, “Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing.” Thomas answered him, “My Lord and my God!” Jesus said to him, “You have believed because you have seen me. Blessed are those who have not seen and yet believe.”

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

Prayer over the Offerings

We render you, O Lord, the service that is your due, humbly imploring you to keep safe your gifts in us, as we honour the confession of the Apostle Saint Thomas and offer you a sacrifice of praise. Through Christ our Lord. **Amen.**

Communion Antiphon

(Jn 20:27) **Take your hand and feel the place of the nails, and be no longer unbelieving but believe.**

Prayer after Communion

O God, as we truly receive in this Sacrament the Body of your Only Begotten Son, grant that, recognizing him

with the Apostle Thomas by our deeds and by our
by faith as our Lord and our life. Who lives and reigns
God, we may proclaim him forever and ever. **Amen.**

Feast of Saint Thomas the Apostle.

Commentary

John 20: 24-29

The name Thomas, for many of us rings 'doubt' in us. He denied the resurrection of Jesus until he could see. Jesus fulfilled his wish. He comes from doubt to ultimate faith with his words: "My Lord and my God." From then, he becomes a true witness to Christ. He was willing to follow Christ to where their life would be in danger, 'Let us also go to die with him' (John 11: 16b.) That daring spirit is what God wants to see in us.

To Thomas, Jesus says the famous I AM. He tells Thomas, "I am the Way, I am the Truth and the Life. Jn 14: 5-6. May he intercede for all of us. Amen.

Rev. Fr. Kahindo K. Emmanuel, Nairobi-Kenya



Tuesday July 4

13th week in Ordinary Time

Ferial

Or: Saint Norbert, Optional Memorial

Entrance Antiphon

(Cf. Ps (45) 46) **All peoples, clap your hands. Cry to God with shouts of joy.**

Collect

O God, who through the grace of adoption chose us to be children of light, grant, we pray, that we may not be wrapped in the darkness of error but always be seen to stand in the bright light of truth. Through Christ our Lord. **Amen.**

Reading

(Genesis 19:15-29)

A reading from the Book of Genesis

In those days: The angels urged Lot, saying, “Arise, take your wife and your two daughters who are here, lest you be consumed in the punishment of Sodom.” But he lingered; so the men seized him and his wife and his two daughters by the hand, the Lord being merciful to him, and they brought him forth and set him

outside the city. And when they had brought them forth, they said, “Flee for your life; do not look back or stop anywhere in the valley; flee to the hills, lest you be consumed.” And Lot said to them: “Oh, no, my lords; behold, your servant has found favour in your sight, and you have shown me great kindness in saving my life; but I cannot flee to the hills, lest the disaster overtake me, and I die. Behold, yonder city is near enough to flee to, and it is a little one. Let me escape there -is it not a little one? - and my life will be saved!” He said to him, “Behold, I grant you his favour also, that I will not overthrow the city of which you have spoken. Make haste, escape there; for I can do

nothing than you arrive there.” Therefore, the name of the city was called Zoar. Then the Lord rained on Sodom and Gomorrah brimstone and fire from the Lord out of heaven; and he overthrew those cities, and all the valley, and all the inhabitants of the cities, and what grew on the ground. But Lot’s wife behind him looked back, and she became a pillar of salt. And Abraham went early in the morning to the place where he had stood before the Lord; and he looked down towards Sodom and Gomorrah and towards all the land of the valley, and behold, the smoke of the land went up like the smoke of a furnace. So it was that, when God destroyed the

cities of the valley, God remembered Abraham, and sent Lot out of the midst of the overthrow, when he overthrew the cities in which Lot dwelt. The word of the Lord. **Thanks be to God.**

Responsorial Psalm —
(Psalm (25) 26)

R. O Lord, your mercy is before my eyes.

Examine me, Lord, and try me. O test my heart and my mind. Your mercy is before my eyes, and I walk according to your truth. R.

Do not sweep away my soul with sinners, nor my life with those who shed blood, in whose hands are

evil plots, whose right hands are filled with bribe. R.

As for me, I have walked in my integrity. Redeem me and have mercy on me. My foot stands on level ground: I will bless the Lord in the assembly. R.

Acclamation
(Ps (94) 95)

Alleluia. Alleluia. I wait for the Lord, in his word I hope. **Alleluia.**

Gospel —
(Matthew 8:23-27)

A reading from the holy Gospel according to Matthew

At that time: When Jesus got into the boat, his disciples followed him. And behold, there arose a

great storm on the sea, so that the boat was swamped by the waves; but he was asleep. And they went and woke him, saying, “Save us, Lord; we are perishing.” And he said to them, “Why are you afraid, O men of little faith?” Then he rose and rebuked the winds and the sea; and there was a great calm. And the men marvelled, saying, “What sort of man is this, that even winds and sea obey him?”

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

Prayer over the Offerings

O God, who graciously accomplish the effects of your mysteries, grant, we pray, that the deeds by which we serve you may be worthy of these sacred gifts. Through Christ our Lord.
Amen.

Communion Antiphon

(Ps (101) 102) **Bless the Lord,
O my soul, and all within
me, his holy name.**

Or:

**O Father, I pray for them,
that they may be one in
us, that the world may
believe that you have sent
me, says the Lord.**

Prayer after Communion

May this divine sacrifice we offered and received fill us with life, O Lord, we pray, so that, bound to you

in lasting charity, we may bear fruit lasts for ever. Through Christ our Lord. **Amen.**

Relax : Have Faith!

Commentary

Matthew 8: 23-27

Often, our troubles, blinds us from seeing the endless opportunities we have. Overwhelmed by fear we have no strength in us, nor can we recall the moments we have been through.

It makes us doubt ourselves, our capabilities and God. The disciples saw the presence of Jesus as not enough for their survival due to fear. He asks, 'why are you afraid?' He says I am with you, just relax and have faith. It is not that all will be well, but rather, all is well.

Rev. Fr. Kahindo K. Emmanuel, Nairobi-Kenya



Wednesday July 5

13th week in Ordinary Time

Ferial

Or: St Anthony Mary Zaccaria, priest, optional memorial

Entrance Antiphon

(Ps 46:2) All peoples, clap your hands. Cry to God with shouts of joy!

Reading

(Genesis 21:5.8-20)

A reading from the Book of Genesis

Collect

O God, who through the grace of adoption chose us to be children of light, grant, we pray, that we may not be wrapped in the darkness of error but always be seen to stand in the bright light of truth. Through Christ our Lord. **Amen.**

Abraham was a hundred years old when his son Isaac was born to him. And the child grew, and was weaned; and Abraham made a great feast on the day that Isaac was weaned. But Sarah saw the son of Hagar the Egyptian, whom she had borne to Abraham, playing with her son Isaac. So she said to Abraham,

“Cast out this slave woman with her son; for the son of this slave woman shall not be heir with my son Isaac.” And the thing was very displeasing to Abraham on account of his son. But God said to Abraham, “Be not displeased because of the lad and because of your slave woman; whatever Sarah says to you, do as she tells you, for through Isaac shall your descendants be named. And I will make a nation of the son of the slave woman also, because he is your offspring.” So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with the child, and sent her away. And she departed, and

wandered in the wilderness of Beersheba. When the water in the skin was gone, she cast the child under one of the bushes. Then she went, and sat down over against him a good way off, about the distance of a bowshot; for she said, “Let me not look upon the death of the child.” And as she sat over against him, the child lifted up his voice and wept. And God heard the voice of the lad; and the angel of God called to Hagar from heaven, and said to her, “What troubles you, Hagar? Fear not; for God has heard the voice of the lad where he is. Arise, lift up the lad, and hold him fast with your hand; for I will make him a great nation.” Then God opened her eyes, and she

saw a well of water; and she went, and filled the skin with water, and gave the lad a drink. And God was with the lad, and he grew up; he lived in the wilderness, and became an expert with the bow.

The word of the Lord.

***Responsorial Psalm —
(Psalm 34:7-8.10-11.12-13 (R. see 7a)***

**R. The lowly one called,
and the Lord heard him.**

This lowly one called; the Lord heard, and rescued him from all his distress. The angel of the Lord is encamped around those who fear him, to rescue them. R.

Fear the Lord, you his holy ones. They lack nothing, those who fear him. The rich suffer want and go hungry, but those who seek the Lord lack no blessing. R.

Come, children, and hear me, that I may teach you the fear of the Lord. Who is it that desires life

and longs to see prosperous days? R.

Acclamation
(James 1:18)

Alleluia. Alleluia. Of his own will he brought us forth by the word of truth that we should be a kind of first fruits of his. **Alleluia.**

Gospel —————
(Matthew 8:28-34)

A reading from the holy Gospel according to Matthew

At that time: When Jesus came to the other side of the sea, to the country of the Gadarenes, two demoniacs met him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, “What have you to do with us, o Son of God? Have you come here to torment us before the time?” Now a herd of many swine was feeding at some distance from them. And the demons begged him, “If you cast us out, send us away into the herd of swine.” And he said to them, “Go.” So they came out and went into the swine;

and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighbourhood.

Praise to you Lord Jesus Christ

Prayer over the Offerings

O God, who graciously accomplish the effects of your mysteries, grant, we pray, that the deeds by which we serve you may be worthy of these sacred gifts. Through Christ our Lord. **Amen.**

Communion Antiphon

(Cf. Ps 102:1) **Bless the Lord, O my soul, and all within me, his holy name.**

Or: Jn 17:20-21

O Father, I pray for them, that they may be one in

us that the world may believe that you have sent me, says the Lord.

Prayer after Communion

May this divine sacrifice we have offered and received fill us with life, O Lord, we pray, so that, bound to you

in lasting charity, we may ever. Through Christ our
bear fruit that lasts for Lord. **Amen.**

I love you, yes, you!

Commentary

Genesis 21: 5. 8-20

It is easy to categorise people as outcasts or insignificant, especially if such people are of different opinion. We are either victims of this or we victimise others. We see them as less important.

In today's first reading, God continues to protect the 'outcast' Ishmael. During their slavery in Egypt, God was on the Israelites' side because they were the oppressed, beside his promise to them. Why do we see this movement? It is because God loves each one of us as an individual.

Rev. Fr. Kahindo K. Emmanuel, Nairobi-Kenya



Thursday July 6

13th week in Ordinary Time

Ferial

Or: St Maria Goretti, virgin, optional memorial

Entrance Antiphon

(Cf. Ps (45) 46) All peoples,
clap your hands. Cry to
God with shouts of joy.

Reading ————— **(Genesis 22:1-19)**

**A reading from the Book
of Genesis**

Collect

O God, who through the
grace of adoption chose
us to be children of light,
grant, we pray, that we
may not be wrapped in
the darkness of error but
always be seen to stand in
the bright light of truth.
Through Christ our Lord.
Amen.

In those days: God tested
Abraham, and said to
him, “Abraham!” And he
said, “Here am I.” He said,
“Take your Son, your only-
begotten son Isaac, whom
you love, and go to the land
of Moriah, and offer him
there as burnt offering in
one of the mountains of
which I shall tell you.” So

Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac; and he cut the wood for the burnt offering, and arose and went to the place of which God had told him.

On the third day Abraham lifted up his eyes and saw the place afar off. Then Abraham said to his young men, "Stay here with the donkey; I and the lad will go yonder and worship, and come again to you. And Abraham took the wood of the burnt offering, and the knife. So they went both of them together. And Isaac said to his father Abraham, "My father!" And he said, "Here am I, my son." He said, "Behold, the fire and the wood; but where is the lamb for a burnt offering?" Abraham said, "God will

provide himself the lamb for a burnt offering, my son." So they went both of them together.

When they came to the place of which God had told him, Abraham built an altar there, and laid the wood in order, and bound Isaac his son, and laid him on the altar, upon the wood. Then Abraham put forth his hand, and took the knife to slay his son. But the angel of the Lord called him from the heaven, and said, "Abraham, Abraham!" And he said, "Here am I." He said, "Do not lay your hand on the lad or do anything to him; for now I know that you fear God, seeing you have not withheld your son, your only-begotten son, from me." And Abraham lifted up his eyes and looked, and behold, behind him was

a ram, caught in a thicket by his horns; and Abraham went and took the ram, and offered it up as a burnt offering instead of his son. So Abraham called the name of that place The Lord will provide; as it is said to this day, "On the mount of the Lord it shall be provided."

And the angel of the Lord called to Abraham a second time from heaven, and said, "By myself I have sworn, says the Lord, because you have done this, and have not withheld your son, your only-begotten son, I will indeed bless you, and I will multiply your descendants as the stars of heaven and as the sand which is on the seashore. And your descendants shall possess the gate of their enemies, and by your descendants

shall all the nations of the earth bless themselves, because you have obeyed my voice." So Abraham returned to his young men, and they arose and went together to Beersheba; and Abraham dwelt at Beersheba.

The word of the Lord.
Thanks be to God.

***Responsorial Psalm —
(Psalm (115) 116)***

**R. I will walk in the
presence of the Lord in the
land of the living.**

or Alleluia.

I love the Lord, for he has heard my voice, my appeal; for he has turned his ear to me whenever I call. **R.**

They surrounded me, the snares of death; the anguish of the grave has found me; anguish and sorrow I found. I called on the name of the Lord: “Deliver my soul, O Lord!” R.

How gracious is the Lord, and just; our God has compassion. The Lord protects the simple; I was brought low, and he saved me. R.

He has kept my soul from death, my eyes from tears and my feet from stumbling. I will walk in the presence of the Lord in the land of the living. R.

Acclamation

(2 Corinthians 5:19)

Alleluia. Alleluia.

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

Gospel

(Matthew 9:1-8)

A reading from the holy Gospel according to Matthew

At that time: Getting into a boat Jesus crossed over and came his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith, he said to the paralytic, “Take heart, my son; your sins are forgiven.” And behold,

some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven,' or to say 'Rise and walk'? But that you may know that the Son of man has authority on earth to forgive sins" - he then said to the paralytic- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.
The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

O God, who graciously accomplish the effects of your mysteries, grant, we pray, that the deeds by which we serve you may be worthy of these sacred gifts. Through Christ our Lord. **Amen**

Communion Antiphon

(Ps (101) 102) **Bless the Lord, O my soul, and all within me, his holy name.**

Or:

O Father, I pray for them, that they may be one in us, that the world may believe that you have sent me, says the Lord.

Prayer after Communion

May this divine sacrifice we offered and received fill us with life, O Lord, we pray, so that, bound to you

in lasting charity, we may bear fruit lasts for ever. Through Christ our Lord. **Amen.**

What is Your Sacrifice to God?

Commentary

Genesis 22: 1-19

Maria Goretti is one of the most famous and youngest saints (12 years She was died from stabbing defending her bodily purity). She forgives her assaulter. She sacrificed something for God.

Abraham was willing to sacrifice his beloved son for God. Jesus sacrificed himself to God, for our sake. What is your sacrifice to God? The best we can offer is our very self as we heard on Sunday. What do you have that is not from God? (Except sin). Why do you keep from God certain things then? May Maria Goretti intercede for us.

Rev. Fr. Kahindo K. Emmanuel, Nairobi-Kenya



Friday July 7

13th week in Ordinary Time

Entrance Antiphon

(Cf. Ps (45) 46) **All peoples, clap your hands. Cry to God with shouts of joy.**

Collect

O God, who through the grace of adoption chose us to be children of light, grant, we pray, that we may not be wrapped in the darkness of error but always be seen to stand in the bright light of truth. Through Christ our Lord. **Amen.**

Reading

(Genesis 23:1-4.19; 24:1-8.62-67)

A reading from the Book of Genesis

Sarah lived a hundred and twenty-seven years; these were the years of the life of Sarah. And Sarah died at Kiriath-arba (that is, Hebron) in the land of Canaan; and Abraham went in to mourn for Sarah and weep for her. And Abraham rose up from before his dead, and said to the Hittites, "I am a stranger and a sojourner among you; give me

property along you for a burying place, that I may bury my dead out of my sight.” After this, Abraham buried Sarah his wife in the cave of the field of Machpelah east of Mamre (that is Hebron) in the land of Canaan. Now Abraham was old, well advanced in years; and the Lord had blessed Abraham in all things. And Abraham said to his servant, the oldest of his house, who had charge of all that he had, “Put your hand under my thigh, and I will make you swear by the Lord, the God of heaven and of the earth, that you will not take a wife for my son from the daughters of the Canaanites, among whom I dwell, but will go to my country and to my kindred, and take a wife for

my son Isaac.” The servant said to him, “Perhaps the woman may not be willing to follow me to this land; must I then take your son back to the land from which you came?” Abraham said to him, “See to it that you do not take my son back there. The Lord, the God of heaven, who took me from my father’s house and from the land of my birth, and who spoke to me and swore me, ‘To your descendants I will give this land,’ he will send his angel before you, and you shall take a wife for my son there. But if the woman is not willing to follow you, then you will be free from this oath of mine; only you must not take my son there.” When the servant returned with Rebekah, Isaac was

dwelling in the Negeb. And Isaac went to meditate in the field in the evening; and he lifted up his eyes and looked, and behold, there were camels coming. And Rebekah lifted up her eyes, and when she saw Isaac, she alighted from the camel, and said to the servant, "Who is the man yonder, walking in the field to meet us?" The servant said, "It is my master." So she took her veil and covered herself. And the servant told Isaac all the things that he had done. Then Isaac brought her into the tent, and took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

The word of the Lord.
Thanks be to God.

***Responsorial Psalm —
(Psalm (105) 106)***

***R. O give thanks to the
Lord, for he is good.***

or Alleluia.

O give thanks to the Lord, for he is good; for his mercy endures forever. Who can tell the Lord's mighty deeds, or recount in full his praise? *R.*

Blessed are they who observe what is just, who at all times do what is right. O Lord, remember me with the favour you show to your people. *R.*

Visit me with your saving power, that I may see the riches of your chosen ones, and may rejoice in the gladness of your heritage. *R.*

Acclamation
(Matthew 11:28)

Alleluia. Alleluia. Come to me, all who labour and are heavy laden, and I will give you rest, says the Lord.
Alleluia.

Gospel —————
(Matthew 9:9-13)

A reading from the holy Gospel according to Matthew

At that time: as Jesus passed on, he saw a man called Matthew sitting at the tax office; and he said to him, “Follow me.” And he rose and followed him. And as he sat at table in the house, behold, many tax collectors and sinners came and sat down with Jesus and his disciples. And when

the Pharisees saw this, they said to his disciples, “Why does your teacher eat with tax collectors and sinners?” But when he heard it, he said, “Those who are well have no need of a physician, but those who are sick. Go and learn what this means, ‘I desire mercy, and not sacrifice.’ For I came not to call the righteous, but sinners.”
The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

O God, who graciously accomplish the effects of your mysteries, grant, we pray, that the deeds by which we serve you may be worthy of these sacred gifts. Through Christ our Lord. **Amen.**

Communion Antiphon

(Ps (101) 102) Bless the Lord, O my soul, and all within me, his holy name.

Or:

**O Father, I pray for them,
that they may be one in**

**us, that the world may
believe that you have
sent me, says the Lord.**

Prayer after Communion

May this divine sacrifice
we offered and received
fill us with life, O Lord, we
pray, so that, bound to you

in lasting charity, we may bear fruit lasts for ever. Through Christ our Lord. **Amen.**

Follow Me!

Commentary

Matthew 9: 9-13

Jesus saw and said to Matthew, 'Follow me' (Matthew 9: 9). He sees, then calls. He sees, analyses and then calls.

The onlookers were surprised. They saw a tax collector, he saw a disciple; they saw a sinner, he saw an evangelist; they saw a traitor, he saw a saint. Their difference in interpretation of Matthew is a result of having a different gaze. Can you see like Jesus does? Do you recognise him in the call to you and other people? God does not call the qualified, he qualifies those he calls.

Rev. Fr. Kahindo K. Emmanuel, Nairobi-Kenya



Saturday July 8

13th week in Ordinary Time

Ferial

Or: Saturday mass of B.V. Mary

Entrance Antiphon

(Cf. (Ps (45) 46) All peoples,
clap your hands. Cry to God
with shouts of joy.

Reading

(Genesis 27:1-5.15-29)

A reading from the Book
of Genesis

Collect

O God, who through the
grace of adoption chose us
to be children of light, grant,
we pray, that we may not be
wrapped in the darkness of
error but always be seen to
stand in the bright light of
truth. Through Christ our
Lord. **Amen.**

When Isaac was old and
his eyes were dim so that
he could not see, he called
Esau his older son, and said
to him, “My son.” And he
answered, “Here I am.” He
said, “Behold, I am old; I
do not know the day of my
death. Now then, take your
weapons, your quiver and
your bow, and go out to the

field, and hunt game for me, and prepare for me savoury food, such as I love, and bring it to me that I may eat; that I may bless you before I die.”

Now Rebekah was listening when Isaac spoke to his son Esau. And Esau went to the field to hunt for game and bring it. Then Rebekah took the best garments of Esau her older son, which were with her in the house, and put them to Jacob her younger son; and the skins of the kids [which Jacob had brought to her] she put upon his hands and upon the smooth part of his neck; and she gave the savoury food and the bread, which she had prepared, into the hand of her son, Jacob. So he went in to his father, and said, “My father.” And he

said, “Here I am; who are you, my son?” Jacob said to his father, “I am Esau your first-born. I have done as you told me; now sit up and eat of my game, that you may bless me.” But Isaac said to his son, “How is it that you found it so quickly, my son?” He answered, “Because the Lord your God granted me success.” Then Isaac said to Jacob, “Come near, that I may feel you, my son, to know whether you are really my son Esau or not.” So Jacob went near to Isaac his father, who felt him and said, “The voice is Jacob’s voice, but the hands are the hands of Esau.” And he did not recognise him, because his hands were hairy like his brother Esau’s hands; so he blessed him. He said, “Are you really my

son Esau?" He answered, "I am." Then he said, "Bring it to me, that I may eat of my son's game and bless you." So he brought it to him, and he ate; and he brought him wine, and he drank. Then his father Isaac said to him, "Come near and kiss me, my son." So he came near and kissed him; and he smelled the smell of his garments, and blessed him, and said, "See, the smell of my son is as the smell of a field which the Lord had blessed! May God give you of the dew of heaven, and of the fatness of the earth, and plenty of grain and wine. Let peoples serve you, and nations bow down to you. Be lord over your brothers, and may your mother's sons bow down to you. Cursed be everyone who curses you, and blessed

be everyone who blesses you!"

The word of the Lord.
Thanks be to God.

***Responsorial Psalm —
(Psalm (134) 135)***

**R. Praise the Lord, for the
Lord is good.
or Alleluia.**

Praise the name of the Lord; praise him, servants of the Lord, in the courts of the house of our God. R

Praise the Lord, for the Lord is good. Sing a psalm to his name, for this is our delight. For the Lord has chosen Jacob himself, and Israel as his treasured possession. R

For I know that the Lord is great, that the Lord is high above all gods. The Lord does whatever he wills, in heaven, and on earth, in the seas and in all the depths. *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 ————— **(Matthew 9:14-17)**

A reading from the holy Gospel according to Matthew

At that time: The disciples of John came to Jesus,

saying, “Why do we and the Pharisees fast, but your disciples do not fast?” And Jesus said to them, “can the wedding guests mourn as long as the bridegroom is with them? The days will come, when the bridegroom is taken away from them, and they will fast. And no one puts a piece of unshrunk cloth on an old garment, for the patch tears away from the garment, and a worse tear is made. Neither is new wine put into old wineskins, if it is, the skins burst, and the wine is spilled, and the skins are destroyed; but new wine is put into fresh wineskins, and so both are preserved.”

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

Prayer over the Offerings

O God, who graciously accomplish the effects of your mysteries, grant, we pray, that the deeds by which we serve you may be worthy of these sacred gifts. Through Christ our Lord. **Amen.**

Communion Antiphon

(Ps (101) 102) **Bless the Lord,
O my soul, and all within
me, his holy name.**

Or:

**O Father, I pray for them,
that they may be one in us,
that the world may believe
that you have sent me, says
the Lord.**

Prayer after Communion

O May this divine sacrifice
we offered and received
fill us with life, O Lord, we
pray, so that, bound to you

in lasting charity, we may
bear fruit lasts for ever.
Through Christ our Lord.
Amen.

Grow Steadily with God

Commentary

Matthew 9: 14-17

All parents have expectations on their children. It is normal. In order to achieve this, they go far in training, teaching and instructing the juniors.

Jesus wanted to take his disciples step by step. He wanted to teach, instruct and guide them before they could delve into the deep. Their time was just not yet, it was coming. He wouldn't dare risk their infant faith, lest all is spoilt – them and that little faith. Grow steadily in your relationship with God.

Rev. Fr. Kahindo K. Emmanuel, Nairobi-Kenya



Publisher: Cédric BLOQUET

Publishing & Development Manager

Editor in Chief: Rev. Fr. François NZANZU a.a.

Assistant: Rev. Fr. Jean-Claude DIWEDIGA a.a.

Editorial Secretary: Virginia KABUGU

Graphic designer: Naomi SAWADOGO

Ghana Coordinator: Rev. Fr. Dennis OPOKU;

Associate Publishers: Fr. Walter Ihejirika, Regional Coordinator, LWC Nigeria,

Other Contributors:

Rev. Fr. Jérôme K. M. KOMBI; Rev. Fr. Kahindo K. Emmanuel;

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Rue E104, Lot 1076 Ilot 116 - Cocody Riviera 3 Abidjan , Côte d'Ivoire

Address: P.O. BOX 08 BP 2469 Abidjan 08 -

Phone number : (+225) 25 22 02 11 11 -

E-mail: info@livingwithchrist-africa.com





WhatsApp : **+225 05 94 79 75 68 / +254727074304**



Website : **[https:// www.livingwithchrist.africa](https://www.livingwithchrist.africa)**



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