



AMDG  
16TH SUNDAY IN  
ORDINARY TIME  
22ND JULY 2018



**See I have God for my help;  
The Lord sustains my soul.**

OPENING PRAYER

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.

This Sunday's readings celebrate the closeness of God to us. God is like a shepherd guiding and guarding his flock. We will never be alone. The Lord's goodness and kindness will be with us all the days of our lives, whether we are in joyful, restful places or in the sorrow of the shadow of death (*Psalms*).

For this reason, God expects those who shepherd his people to care for them as he does. The prophet Jeremiah has harsh words for those who neglect their calling, and promises a true shepherd for Israel who will act with integrity (*First Reading*).

It is the role of the Shepherd-King Jesus to unite all his followers as one, bringing us to God and sharing his Good News of peace. Through him, we have the gift of the Holy Spirit who draws us into the Kingdom (*Second Reading*).

In the *Gospel*, we see Jesus as he cares in different ways for those entrusted to him: for the apostles by giving them time for rest and nourishment, and for the crowds by teaching them.

As we pray this week, we may like to ask for the grace to trust in God's closeness, and to love others even more fully as Jesus loved.

## FIRST READING: JEREMIAH 23: 1–6 (part)

**I** myself will gather my flock ... and bring them back to their pastures ... no fear, no terror for them any more; not one shall be lost – it is the Lord who speaks! See the days are coming – it is the Lord who speaks – when I will raise a virtuous Branch for David, who will reign as true king and be wise, practising honesty and integrity in the land. In his days Judah will be saved and Israel dwell in confidence. And this is the name he will be called: The Lord-our-integrity.

After coming to some stillness, I read these words of Jeremiah the Prophet that describe the qualities of the leader and king whom God will raise to shepherd his people.

I may like to ponder the role of a shepherd in relation to his flock.

If I think of Jesus as shepherd, what does this mean for me?

I share with the Lord.

In what ways is the Lord asking me to live out his qualities and values in my life?

## PSALM 22 (23) (part)

**T**he Lord is my shepherd; there is nothing I shall want. He guides me along the right path; he is true to his name. If I should walk in the valley of darkness, no evil would I fear. You are there with your crook and your staff; with these you give me comfort ... My head you have anointed with oil; my cup is overflowing Surely goodness and kindness shall follow me all the days of my life.

I may like to read these verses from the psalm very slowly, allowing the words to resonate with me as they become God's promises for me today:

'You are my shepherd ...'

I talk with the Lord and listen for what God may have to say to me.

I end my prayer slowly, giving thanks.

## GOSPEL MARK 6: 30–34

**T**he apostles rejoined Jesus and told him all they had done and taught. Then he said to them, ‘You must come away to some lonely place all by yourselves and rest for a while’; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as Jesus stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

As I come to prayer today, I take time to settle and to become quiet.  
I notice what mood I am in and what is weighing on my mind and heart.  
I ask the Holy Spirit to help me as I pray.

After a while, I read the Gospel passage slowly, noticing the thoughts or feelings that arise within me. I share these with the Lord and listen to what he has to say to me.

This may be my whole prayer ...  
or perhaps I ponder one of the following suggestions:

The apostles tell Jesus about all they have been doing.

As I look back over today or the last few days, what do I recall?

What brought me closer to God?

Where did I need God’s help?

I share with the Lord, simply and easily, as one friend to another.

Like the apostles, Jesus invites me to come away for a while and rest with him.

Today, in the stillness, perhaps he has something to share with me ...

or maybe I am simply at rest in his presence.

Jesus and the apostles discover that the crowds have followed them.

I ponder Jesus’s response to the people.

I may like to ask him:

‘Who are the people in need to whom I am called?’ or

‘What grace do I need, to help me to try to respond as you did?’

After a while, I bring this prayer to a close, thanking the Lord for being with me.

*Glory be ...*

## Here's a text if you've only got a minute ...

This is the name he will be called:

The Lord-our-integrity.

*First Reading*

He guides me along the right path;  
he is true to his name.

If I should walk in the valley of darkness,  
no evil would I fear.

*Psalm*

Jesus came to bring the Good News of peace.

*Second Reading*

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

*Communion Antiphon*

*This week's texts if you want to reflect further:*

*Jeremiah 23: 1–6; Psalm 22 (23); Ephesians 2: 13–18; Mark 6: 30–34*



ST BEUNO'S OUTREACH  
IN THE DIOCESE OF WREXHAM

**JESUIT**  
Ministries



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