

THE WORD

ENTRANCE ANTIPHON
 Look to your covenant, O Lord,
 and forget not the life of your poor ones for
 ever.
 Arise, O God, and defend your cause,
 and forget not the cries of those who seek
 you.

GLORIA
 Glory to God in the highest,
 and on earth peace to people of good will.
 We praise you,
 we bless you,
 we adore you,
 we glorify you,
 we give you thanks for your great glory,
 Lord God, heavenly King,
 O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
 Lord God, Lamb of God, Son of the Father,
 you take away the sins of the world,
 have mercy on us;
 you take away the sins of the world,
 receive our prayer;
 you are seated at the right hand of the Father,
 have mercy on us.

For you alone are the Holy One,
 you alone are the Lord,
 you alone are the Most High, Jesus Christ,
 with the Holy Spirit,
 in the glory of God the Father.
 Amen.

COLLECT
 Almighty ever-living God,
 whom, taught by the Holy Spirit,
 we dare to call our Father,
 bring, we pray, to perfection in our hearts
 the spirit of adoption as your sons and
 daughters,
 that we may merit to enter into the
 inheritance
 which you have promised.
 Through our Lord Jesus Christ, your Son,
 who lives and reigns with you in the unity of
 the Holy Spirit,
 one God, for ever and ever.
 Amen.

FIRST READING 1 Kings 19:9.11-13

A reading from the first book of the Kings.
 When Elijah reached Horeb, the mountain
 of God, he went into the cave and spent the
 night in it. Then he was told, "Go out and
 stand on the mountain before the Lord."
 Then the Lord himself went by. There came a
 mighty wind, so strong it tore the mountains
 and shattered the rocks before the Lord.
 But the Lord was not in the wind. After the
 wind came an earthquake. But the Lord was
 not in the earthquake. After the earthquake
 came a fire. But the Lord was not in the fire.
 And after the fire there came the sound of a
 gentle breeze. And when Elijah heard this,
 he covered his face with his cloak and went out
 and stood at the entrance of the cave.

The word of the Lord.
Thanks be to God.

PSALM Psalm 84:9-14

Response:
**Let us see, O Lord, your mercy
 and give us your saving help.**

1. I will hear what the Lord God has to say,
 a voice that speaks of peace.
 His help is near for those who fear him
 and his glory will dwell in our land. (R.)
2. Mercy and faithfulness have met;
 justice and peace have embraced.
 Faithfulness shall spring from the earth
 and justice look down from heaven. (R.)
3. The Lord will make us prosper
 and our earth shall yield its fruit.
 Justice shall march before him
 and peace shall follow his steps. (R.)

SECOND READING Romans 9:1-5

A reading from the letter of St Paul to the
 Romans.

What I want to say is no pretence; I say it
 in union with Christ – it is the truth – my
 conscience in union with the Holy Spirit
 assures me of it too. What I want to say
 is this: my sorrow is so great, my mental
 anguish so endless, I would willingly be
 condemned and be cut off from Christ if it
 could help my brothers of Israel, my own
 flesh and blood. They were adopted as sons,
 they were given the glory and the covenants;
 the Law and the ritual were drawn up for
 them, and the promises were made to them.
 They are descended from the patriarchs and
 from their flesh and blood came Christ who is
 above all, God for ever blessed! Amen.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION
Alleluia. alleluia!
Blessings on the King who comes,
in the name of the Lord!
Peace in heaven and glory in the highest
heavens!
Alleluia!

GOSPEL Matthew 14:22-33

A reading from the holy Gospel according to
 Matthew.

Jesus made the disciples get into the boat
 and go on ahead to the other side while he
 would send the crowds away. After sending
 the crowds away he went up into the hills by
 himself to pray. When evening came, he was
 there alone, while the boat, by now far out
 on the lake, was battling with a heavy sea,
 for there was a headwind. In the fourth watch
 of the night he went towards them, walking
 on the lake, and when the disciples saw him
 walking on the lake they were terrified. "It
 is a ghost" they said, and cried out in fear.
 But at once Jesus called out to them saying,
 "Courage! It is I! Do not be afraid." It was
 Peter who answered. "Lord," he said "if it
 is you, tell me to come to you across the
 water." "Come" said Jesus. Then Peter got
 out of the boat and started walking towards
 Jesus across the water, but as soon as he
 felt the force of the wind, he took fright and
 began to sink. "Lord! Save me!" he cried.
 Jesus put out his hand at once and held him.
 "Man of little faith," he said "why did you
 doubt?" And as they got into the boat the
 wind dropped. The men in the boat bowed
 down before him and said, "Truly, you are
 the Son of God."

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

PROFESSION OF FAITH
I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with
the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

(all bow during the next three lines)
and by the Holy Spirit was incarnate of the
Virgin Mary,
and became man.

For our sake he was crucified under
Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,
the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and
apostolic Church.
I confess one Baptism for the forgiveness
of sins
and I look forward to the resurrection of the
dead
and the life of the world to come. Amen.

PRAYER OVER THE OFFERINGS

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

COMMUNION ANTIPHON
O Jerusalem, glorify the Lord,
who gives you your fill of finest wheat.

PRAYER AFTER COMMUNION
 May the communion in your Sacrament
 that we have consumed, save us, O Lord,
 and confirm us in the light of your truth.
 Through Christ our Lord.
Amen.

"True, God is infinite majesty, but he is also
 infinite goodness and infinite love. There
 can be no greater Lord than God; neither can
 there be a more ardent lover than he".

St Alphonsus Liguori



Imagine the disciples' panic. They are in the boat all by themselves
 when a storm begins to rage. It's so bad the boat is in danger of
 sinking. They are full of fear. All seems lost... and then they see
 Jesus walking towards them, on the water.

Eager as ever, Peter asks Jesus if he, too, can walk on the water, and Jesus invites him to
 come to him. Peter climbs out of the boat, but the wind rises, and he begins to sink. Even
 Peter, the most important figure in the early Church, has a faith that falters in the midst of
 the storm.

Jesus saves him, and castigates him for his weak faith. As soon as they are back in the
 boat, the storm eases, the winds calm, and the awestruck disciples acknowledge Jesus as
 the Son of God.

The message is clear: the boat represents the Church, and the disciples represent all
 believers, while the storm represents the difficulties and doubts the Church is facing. The
 boat will face many storms, but if the disciples make sure to recognise Jesus and trust in
 him, they will always be safe. Trust in God and an adventurous faith have the power to
 overcome doubting fear. ■

REFLECT

One of the classic songs of the
 last half-century is "Bridge over
 Troubled Water". At the time he
 wrote it, Paul Simon was influenced by
 Gospel music, and this influence comes
 across in the chorus of the song:

"When you're weary, feeling small
 When tears are in your eyes
 I will dry them all
 I'm on your side
 Oh, when times get rough
 And friends just can't be found
 Like a bridge over troubled water
 I will lay me down..."

The words speak of offering comfort,
 solace, help, refuge. It is the assurance
 Jesus offers his frightened followers in
 today's Gospel.

It's what he offers us in our distress and
 at all times. Jesus is our bridge over
 troubled water. It's easy to trust in Jesus
 when life is good and all is plain sailing.
 Like Peter, we can even begin to think we
 can walk on water. Nothing can sink us.

Then, suddenly or over time, the skies
 darken and storm winds blow in. Maybe
 a relationship crumbles or our health
 fails, or financial woes overwhelm us, or
 scandal envelops us, and, like Peter, we
 flounder. We begin to sink. Our faith is
 tested. We feel lost and frightened and
 afraid. But we are not alone. Jesus is
 with us in every storm in which we find
 ourselves. He never abandons us. Trust
 in him, call out to him, as Peter does, and
 we will be safe. ■

SAY
"Lord, I believe;
help my unbelief."

DO

As Christians, we know that Jesus is with
 us in the midst of any storm in which we
 find ourselves. But he is more than with us;
 he calls on us to face that storm. To have
 courage. To trust. To be not afraid. Think of
 the challenges and difficulties you and your
 loved ones are facing at this time. Ask the
 Lord's help in facing them.



PRAY

Pray for those who feel as if they are caught
 in a storm – those who are ill, or depressed,
 or suicidal, or bullied, or suffer from
 discrimination or intimidation – that they
 may experience Jesus's soothing, calming,
 saving presence with them.

LEARN

God is with us always, in good times and bad.

It is okay to experience doubts and difficulties
 so long as we continue to trust in God.

