

ENTRANCE ANTIPHON

As for me, in justice I shall behold your face;
I shall be filled with the vision of your glory.

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

O God, who show the light of your truth
to those who go astray,
so that they may return to the right path,
give all who for the faith they profess
are accounted Christians
the grace to reject whatever is contrary to the
name of Christ
and to strive after all that does it honour.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of
the Holy Spirit,
God, for ever and ever.
Amen.

FIRST READING

Amos 7:12-15

A reading from the prophet Amos.
Amaziah, the priest of Bethel, said to
Amos, "Go away, seer; get back to the
land of Judah; earn your bread there, do
your prophesying there. We want no more
prophesying in Bethel; this is the royal
sanctuary, the national temple." "I was no
prophet, neither did I belong to any of the
brotherhoods of prophets," Amos replied to
Amaziah. "I was a shepherd, and looked after
sycamores: but it was the Lord who took me
from herding the flock, and the Lord who
said, 'Go, prophesy to my people Israel.'"
The word of the Lord.
Thanks be to God.

PSALM

Psalm 84

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,
peace for his people.
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 Ephesians 1:3-14

(For shorter form read between > <)

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

>Blessed be God the Father of our Lord Jesus
Christ,
who has blessed us with all the spiritual
blessings of heaven in Christ.
Before the world was made, he chose us,
chose us in Christ,
to be holy and spotless, and to live through
love in his presence,
determining that we should become his
adopted sons, through Jesus Christ,
for his own kind purposes,
to make us praise the glory of his grace,
his free gift to us in the Beloved
in whom, through his blood, we gain our
freedom, the forgiveness of our sins.
Such is the richness of the grace
which he has showered on us
in all wisdom and insight.
He has let us know the mystery of his
purpose,
the hidden plan he so kindly made in Christ
from the beginning
to act upon when the times had run their
course to the end:
that he would bring everything together
under Christ, as head,
everything in the heavens and everything on
earth.<
And it is in him that we were claimed as
God's own,
chosen from the beginning,
under the predetermined plan of the one who
guides all things
as he decides by his own will;
chosen to be,
for his greater glory,
the people who would put their hopes in
Christ before he came.
Now you too, in him,
have heard the message of the truth and the
good news of your salvation,
and have believed it:
and you too have been stamped with the seal
of the Holy Spirit of the Promise,
the pledge of our inheritance
which brings freedom for those whom God
has taken for his own,
to make his glory praised.
>The word of the Lord.<
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!
Your words are spirit, Lord,
and they are life:
you have the message of eternal life.
Alleluia!

GOSPEL

Mark 6:7-13

A reading from the holy Gospel according to
Mark.

Jesus summoned the Twelve and began to
send them out in pairs giving them authority
over the unclean spirits. And he instructed
them to take nothing for the journey except
a staff – no bread, no haversack, no coppers
for their purses. They were to wear sandals
but, he added, "Do not take a spare tunic."

And he said to them, "If you enter a house
anywhere, stay there until you leave the
district. And if any place does not welcome
you and people refuse to listen to you, as
you walk away shake off the dust from under
your feet as a sign to them." So they set off
to preach repentance; and they cast out many
devils, and anointed many sick people with
oil and cured them.

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

Look upon the offerings of the Church, O Lord,
as she makes her prayer to you,
and grant that, when consumed by those who
believe,
they may bring ever greater holiness.
Through Christ our Lord.
Amen.

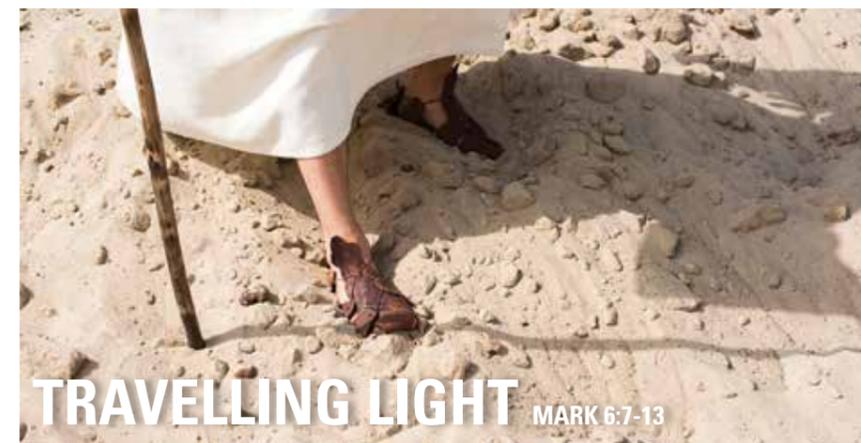
COMMUNION ANTIPHON

The sparrow finds a home,
and the swallow a nest for her young:
by your altars, O Lord of hosts, my King and
my God.

Blessed are they who dwell in your house,
for ever singing your praise.

PRAYER AFTER COMMUNION

Having consumed these gifts, we pray,
O Lord,
that, by our participation in this mystery,
its saving effects upon us may grow.
Through Christ our Lord.
Amen.

THE WORD**TRAVELLING LIGHT** MARK 6:7-13

In today's Gospel, Jesus begins to share his mission with his twelve
closest followers. Jesus has already chosen them to work with him.

Now he puts them to work, sending them out "two by two" armed with his authority to
confront the power of evil. He instructs them to travel light. This means no bread, because
food will be provided by others' hospitality. It means no (sleeping) bag, as lodging will be
provided. It means no money, for they will be looked after. They can bring a staff, sandals
and a single tunic because they will be continually on the move.

This text reminds us that the earliest Christian missionaries travelled light and set
themselves apart from the wandering preachers of other religions, who brought lots of
baggage with them. Mark is saying something important as he records these very specific
instructions of Jesus. Jesus is on an urgent missionary journey. The staff and the sandals
are the symbols of that journey and so these are appropriate for those who share in his
mission. Any other baggage, especially that which might weigh them down and slow their
progress, is not permitted.

Jesus also instructs them about where they are to stay. The issue here is the integrity of
the Gospel. If they arrive in a place and then move from house to house seeking better
lodging, nicer food or more friendly company, this would be a counter-witness to the
Gospel. If they encounter lack of hospitality they are to move on from the village. This is
exactly what Jesus did when he was rejected by the people of his own village of Nazareth.
Jesus even tells them to shake the dust of such places from their feet. Jews returning to
the Holy Land would perform this ritual as they left pagan territory so as not to import
"uncleaness" with them. It symbolised the godlessness of the pagan land and the
holiness of Israel. The Twelve, in performing the same gesture, relegate to the godless
world those inhospitable places that have rejected the Gospel. In this way the Twelve
proclaim the Gospel as Jesus does, with integrity of word and deed.

After receiving their instructions, they set out and their mission is successful. Mark adds
some important details. The preaching of the Twelve is so that all should repent, which
is the key missionary goal of Jesus. The Twelve also heal sick people, something Jesus
has done many times before. Mark adds that they anoint sick people with oil. This was a
widespread practice in the Greek world by the time Mark's Gospel was written and now
becomes part of the practice of the Christian Church.

Ironically, the mission of the Twelve is more successful than Jesus' own mission in
Nazareth. Yet the Twelve are missionary only to the extent that they are with Jesus,
recognise that his authority has been given to them, and travel light. At all times they
remain his followers. ■

SAY

"Lord, help me to be an
effective witness to you
today and always. Amen."

PRAY

Thank God for missionaries, those who have
left home and travelled light, in order to
preach the Good News. Pray for those who
give of themselves generously for the sake
of the Gospel.

REFLECT

We know the value of travelling
light. Budget-cost airlines
like Ryanair encourage
passengers to travel light. There is a
penalty for excess luggage. Having one
carry-on bag is not only less expensive,
it also speeds up your journey. You
don't have to wait at a slow-moving
conveyor belt to claim your baggage.
Airport security is easier to deal with.
Travelling light, if we can, is the wise
thing to do.

Today's Gospel points to something
fundamental about the Church: it is
most successful when it travels light
and discards any baggage which gets
in the way of its mission.

Since the time of Jesus there have
been periods when the Church has
travelled light and has been truly
prophetic in proclaiming the Gospel.
Think of missionaries who brought the
bare necessities with them when going
on long journeys to remote places.
Think of all those Christians, lay and
religious, who have chosen to live
simple, frugal lives in order to witness
to the Gospel.

There have been other times when,
weighed down with wealth, power
and a preoccupation with status, the
Church has not travelled light and
has failed the Gospel. Pope Francis
has constantly called on Catholics to
live simple lives in order to be a poor
Church for those who are poor.

We can only hope that the crisis our
Church has been going through in
recent years will lead it to discard
anything that gets in the way of Jesus'
mission, so that the Gospel may be
proclaimed anew with prophetic
courage and integrity. ■

LEARN

As followers of Jesus, we all have a mission
to preach the Gospel.

We can preach the Gospel wherever we live
and work.

A preoccupation with wealth, status or
power gets in the way of the Gospel.

DO

Think about your attitude to material things.
How light do you travel?