

A READING FROM THE BOOK OF EXODUS

In those days:

Amalek came and fought with Israel at Rephidim.

So Moses said to Joshua,

‘Choose for us men, and go out and fight with Amalek.

Tomorrow I will stand on the top of the hill

with the staff of God in my hand.’

So Joshua did as Moses told him, and fought with Amalek,
while Moses, Aaron, and Hur went up to the top of the hill.

Whenever Moses held up his hand, Israel prevailed,
and whenever he lowered his hand, Amalek prevailed.

But Moses’ hands grew weary,
so they took a stone and put it under him, and he sat on it,
while Aaron and Hur held up his hands,
one on one side, and the other on the other side.

So his hands were steady until the going down of the sun.
And Joshua overwhelmed Amalek and his people with the
sword.

THE WORD OF THE LORD

THE RESPONSE TO THE PSALM IS:

*Our help is in the name of the LORD,
who made heaven and earth.*

I lift up my eyes to the mountains;
from where shall come my help?
My help shall come from the LORD,
who made heaven and earth.

*Our help is in the name of the LORD,
who made heaven and earth.*

He will keep your foot from stumbling.
Your guard will never slumber.
No, he sleeps not nor slumbers,
Israel's guard.

*Our help is in the name of the LORD,
who made heaven and earth.*

The LORD your guard, the LORD your shade
at your right hand.
By day the sun shall not smite you,
nor the moon in the night.

*Our help is in the name of the LORD,
who made heaven and earth.*

The LORD will guard you from evil;
he will guard your soul.
The LORD will guard your going and coming,
both now and for ever.

*Our help is in the name of the LORD,
who made heaven and earth.*

A READING FROM THE SECOND LETTER TO TIMOTHY

Beloved: Continue in what you have learned and have firmly believed,

knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus.

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

I charge you in the presence of God and of Christ Jesus, who is to judge the living and the dead, and by his appearing and his kingdom: preach the word; be ready in season and out of season; reprove, rebuke, and exhort, with complete patience and teaching.

THE WORD OF THE LORD

THE GOSPEL ACCLAMATION

Alleluia, alleluia.

The word of God is living and active,
discerning the thoughts and intentions of the heart.

Alleluia.

A READING FROM THE HOLY GOSPEL ACCORDING
TO LUKE

At that time:

Jesus told his disciples a parable to the effect that they ought always to pray and not lose heart.

He said, 'In a certain city there was a judge who neither feared God nor respected man.

And there was a widow in that city who kept coming to him and saying, "Give me justice against my adversary."

For a while he refused, but afterwards he said to himself,

"Though I neither fear God nor respect man, yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming." '

And the Lord said, 'Hear what the unrighteous judge says.

And will not God give justice to his elect, who cry to him day and night? Will he delay long over them? I tell you; he will give justice to them speedily. Nevertheless, when the Son of Man comes, will he find faith on earth?'

The Gospel of the Lord.

THE REFLECTION

One of the longest masses I attended was with the Missionaries of charity (Mother Theresa's nuns) after the time of quiet prayer. They would spend the rest of the day actively helping the poor, after their time of prayer and 50 + bidding prayers as they remembered who they had been praying for.

Prayer is raising our hearts and minds to God. Becoming aware of God and his infinite ways. We will not always get what we want or feel we need. I do not know why some prayers are answered one way or another.

We ask blessings for people and where they are; to bless a house is to bless those who might be in it. This prayer is a sign of love, for those who are close to us and those we have some feeling for. We can pray in different ways, our own personal prayers, formed by words we know and our own thoughts are heard by God who knows our innermost thoughts. Every day we can say 'give us this day our daily bread' can include all our thoughts and feelings.

Our prayer in the mass is word and presence. We listen to God's words through the readings and in the words of his son. We experience his presence in the Sacrament of his body and blood knowing we do this together with all Catholic believers.

Prayer can be other than mass, priests are encouraging schools to develop a service of words and music involving more children. One of the most moving ceremonies in Lourdes is the blessing of the sick at 4 pm when the monstrance held by a bishop moves round the basilica blessing sick pilgrims and reminding them that God is with them.

I can often say the rosary, with my mind wandering about who or what I want to pray for or to happen. I have one the right size for me, bigger than most so I can use it easily. I read the psalms and readings expected of a priest every day. I know the mass is a thanksgiving and awareness that God is with us.