

# SUNDAY MASS

## ENTRANCE ANTIPHON:

Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

**FIRST READING:** Ezekiel 2:2-5.

**RESPONSORIAL PSALM:** Psalm 123.

## RESPONSE:

Oureyes look to the Lord, till he have mercy upon us.

- To you have I lifted up my eyes, you who dwell in the heavens. Behold, like the eyes of slaves on the hand of their lords. **R**
- Like the eyes of a servant on the hand of her mistress, so our eyes are on the Lord our God, till he shows us his mercy. **R**
- Have mercy on us, Lord, have mercy. We are filled with contempt. Indeed, all too full is our soul with the scorn of the arrogant the disdain of the proud. **R**

**SECOND READING:** 2 Corinthians 12:7-10.

## GOSPEL ACCLAMATION:

Alleluia, alleluia! The Spirit of the Lord is upon me; he has sent me to preach good news to the poor. Alleluia.

**GOSPEL:** Mark 6:1-6.

## COMMUNION ANTIPHON:

Taste and see that the Lord is good. Blessed the man who seeks refuge in him.

## THE WEEK AHEAD

# Live the Word

**Mon 8 Jul** Liturgy of the Day

Hosea 2:14-16.19-20; Psalm 145; Matthew 9:18-26

Jesus makes clear in today's Gospel what it means to become his follower – that it would be difficult. He wanted the scribe (and us) to be clear on what he was choosing and to be aware of what that means.

**Tue 9 Jul** (Ss Augustine Zhao Rong, Pr & comps, Ms) Hosea 8:4-7.11-13; Ps 115; Matt 9:32-38

If we feel that God's presence is lacking in our lives, it is because we often get lost in our own distractions. God never leaves us – ever! God is always ready to be found. Seek the Lord – he wants to be found!

**Wed 10 Jul** Liturgy of the Day

Hosea 10:1-3.7-8.12; Psalm 105; Matthew 10:1-7

It is often very easy to criticise, but so much more difficult to rejoice in the goodness of others. Do you sometimes find yourself struggling with jealousy, anger, or envy over someone's goodness?

**Thu 11 Jul** St Benedict, Ab

Hosea 11:1-4.8-9; Psalm 80; Matthew 10:7-15

Emphasizing the need to combine prayer with all that you do, St Benedict says: "Whenever you begin any good work you should first of all make a most pressing appeal to Christ our Lord to bring it to perfection."

**Fri 12 Jul** Liturgy of the Day

Hosea 14:1-9; Psalm 51; Matthew 10:16-23

What sin do you struggle with the most? Interestingly, the holier one becomes, the more clearly one sees their daily sins and their need for forgiveness and healing.

**Sat 13 Jul** (St Henry)

Isaiah 6:1-8; Psalm 93; Matthew 10:24-33

When life does not go the way we want or plan, remember that "God writes straight with crooked lines": that from ugliness God can bring forth beauty; from failure, success; from death, life; from evil, good.

**Sun 14 Jul** 15TH SUNDAY IN ORDINARY TIME

Amos 7:12-15; Psalm 85; Mark 6:7-13

"True encounter with Christ liberates something in us, a power we did not know we had, a hope, a capacity for life, a resilience, ... a capacity to grow and change, a power of creative transformation." – Thomas Merton

(KEY: SOLEMNITY; FEAST; Memorial; (Optional Memorial) Pr=Priest; Ms=Martyrs; Ab=Abbot

# Catholic Link

## YEAR OF PRAYER

14th Sunday in Ordinary Time • Year B  
Divine Office: Week II • 7 July 2024

# Moses, Man of Prayer

In his statue of Moses, Michelangelo captures something of Moses' intimacy with God in prayer. There is almost an aura around the statue. Michelangelo had read his Bible. After prayer, Moses glowed. (Ex 34:29)

Let's follow Moses in Exodus 3. We read that "he went to the far side of the desert where he came to Horeb, the Mountain of God." Here are two metaphors of our own spiritual lives: desert and mountain, dryness and exaltation. In this place God presents himself as a fire that catches Moses' eye, a burning bush that is not burnt up. Moses says to himself, "I will go and see this amazing sight..."

God speaks from the burning bush while Moses listens; Moses speaks while God listens. God then identifies himself in relation to Moses' spiritual ancestry – "I am the God of your forebears". In this way, God affirms the personal, putting Moses at ease. Only then does God identify himself as "YAHWEH – I AM WHO I AM" – the One, Holy and Just God, the One who is and who causes to exist all else that is. It is pure mystery which transcends human insight.

From this encounter with Yahweh, from this mystical moment, Moses is sent: "Say to the Israelites: Yahweh has sent me." And then Moses hears the simple word, "Go!" Go, call the people together and tell them that I have appeared to you.

But Moses is not so sure. He says: Who am I? Now it's no longer "who are you?" Now it is "who am I?" Our deepest encounters with God plunge us into crises of identity, doubt, uncertainty. The story is all too familiar: Moses,

Joshua, Jeremiah, Isaiah, David, even Mary who said: "But how can this come about...?"

Later in the same scene Moses asks the question another way: "What if they will

not believe me or listen to me?" And for good measure he adds: "I stutter." But if, like Moses, we face inward doubt and poor self-image we hear the assuring words peppered throughout the Bible:

*I will be with you. The power of the Most High will cover you with its shadow. Nothing is impossible to God. I will be with you always, even till the end of time.*

Looking at Moses and his prayer life, we see that there is a constant interplay between his moments of intense encounter with God and the tasks God gives him. Prayer and action need each other. In his prayer we find Moses struggling, arguing, bargaining, interceding, pleading, and simply "conversing with God as with a friend". This

impacts on his action on behalf of God's people: forming them, moulding them, educating them, leading them, feeding them, preaching to them, scolding them. There is one prayer of Moses (Numbers 11:11-14) with which many of us can identify:

*Why have you treated me so badly? Is it because you don't love me that you burdened me with this people. Did I conceive all these people, and did I give them birth? And now you want me to carry them in my bosom as a nurse carries an infant.... I cannot, myself alone, carry all these people.*

But ultimately, he did – by God's grace!



Moses by Michelangelo Buonarroti, Tomb (1505-1545) for Julius II, San Pietro in Vincoli (Rome)

Just as he encountered Mary Magdalene with the question, "Why are you weeping?", Jesus continues to come to those who mourn the death of loved ones.

A new and revised version of the very popular first edition, this book is offered in the hope that it will bring readers who are grappling with questions of faith and feelings of loss, into contact with the compassion of Jesus.



**R80**  
plus delivery

Order from our website [www.rpp.org.za](http://www.rpp.org.za) or email [orders@rpp.org.za](mailto:orders@rpp.org.za). Enquiries: 082 667 3857.

**14<sup>th</sup> Sunday of the Year B**  
6<sup>th</sup>/7<sup>th</sup> July 2024

4 Price Drive, Constantia 7806  
Office Phone: 021 794 5185  
Voip: 087 903 4049  
Email : [materecl@constantiacatholic.co.za](mailto:materecl@constantiacatholic.co.za)  
: [parishpriest@constantiacatholic.co.za](mailto:parishpriest@constantiacatholic.co.za)  
Website : [www.constantiacatholic.co.za](http://www.constantiacatholic.co.za)  
Parish Priest: Rev Fr Shaun Addinall  
Deacon: Rev Dcn Michael Brooks  
Secretaries: Deborah Jordan / Vivien Cones  
Office Hours: Weekdays 08h30-13h00



Date	Intentions		
<b>Saturday 6<sup>th</sup></b>	17h30	<b>14<sup>th</sup> Sunday of the Year</b>	Antonio Martins RIP
<b>Sunday 7<sup>th</sup></b>	09h00	<b>14<sup>th</sup> Sunday of the Year</b>	Iris Murray RIP
	17h30	<b>14<sup>th</sup> Sunday of the Year</b>	Missa pro Populo
<b>Monday 8<sup>th</sup></b>	No Mass		
<b>Tuesday 9<sup>th</sup></b>	18h30	Mass of the Day	Mortuary List
<b>Wednesday 10<sup>th</sup></b>	08h00	Mass of the Day	Herman Williamson RIP
<b>Thursday 11<sup>th</sup></b>	09h00	<b>St. Benedict</b>	
<b>Friday 12<sup>th</sup></b>	09h00	<b>Ss. Louis and Zelig Martin</b>	André Alexander Levings RIP
<b>Daily</b>	18h00	Prayer & Rosary on Zoom	
<b>CONFESSION</b>	<b>Saturdays 16h45-17h15</b>		<b>Or by Appointment</b>

**Prayer Intentions: For all in need of our prayers and their families:**

Susan Smith, Simon Goemans, Avril Meinesz, Allen Galvin, Jennie Underwood, Gian Paolo Barzon, Felicitas Aguila, Neves Rodrigues, Diedre Scodeller, Corlize Lauff, Connor Young, Malcolm Asher, Mgr. Andrew Borello, Fr. Stan Botha, Fr. Douglas Wiseman, Fr. Eddie O'Neil, Brenda Robb, Lucinda Bromfield, William De Villiers, Elijah, Sarah Glenday, Cecco Giovannini, Derek Kudsee, Brendan Bosson, Margaret Savage.

**CATECHISM: TERM 3**

**Grades 1-4:** Resumes on Sunday 14 July

**EDGE:** Resumes on Monday 15 July

**LifeTeen:** Resumes on Sunday 14 July

**Welcome back!**

**CATCH-UP CATECHISM CLASSES**

Five extra catechism classes will be held for any children out of sync with their grade and the related sacrament aligned to that grade, e.g. Grade 3 is First Confession and Grade 4 is First Holy Communion. Should your child need these extra classes in order to receive one or both of these sacraments, please contact the office.

**REFLECTION: 14<sup>th</sup> Sunday of the Year - Dcn Richard**

A prophet is an ordinary man or woman called by God to spread His word. Every baptized person has a prophetic vocation.

Like Ezekiel our prophetic role as Catholics is to comfort those who are disturbed and to disturb those who are too comfortable.

**Marriage & Family Life:** Presentation by Prof Renato Versace at St John's Maitland on 25 July at 19h00-20h30  
- see notice board for details -

**PRAYER FOR PEACE**

Lord, make me an instrument  
of your peace,

Where there is hatred,  
let me sow love;

where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy;  
O Divine Master, grant that I may  
not so much seek to be consoled  
as to console;

to be understood as to understand;  
to be loved as to love.

For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are  
born to eternal life.

Amen

**Our Prayerful Condolences** to the family and friends of Francis Boule who passed away on Monday, 24 June. His funeral was held at our parish and conducted by Fr Peter-John Pearson last Friday, 05 July, 2024.

**HOLY HOUR: Thurs 18 July at 18h30**

The Mandela Day Campaign encourages 67 minutes of your time to support a chosen charity or serve in the local community. What are you doing for Mandela Day? Please join us for Holy Hour on Thursday 18<sup>th</sup> July at 18h30 for 67 minutes of prayer for our country.



**Available from the back of the church or from the parish office:**

- S Cross Magazine – R40
- Upper Room – R50
- Fr Peter's Chilli: R50
- Fr Peter's Marmalade: R50

**JOIN US ONLINE**

**Daily Rosary:** At 18h00 every evening:  
<http://bit.ly/ConstantiaZoom>

Please see our emailers and website for regular updates:  
[www.constantiacatholic.com](http://www.constantiacatholic.com)

**FR SHAUN AWAY**

Fr Shaun will be away from the parish from Monday, 8 July and will be back in the office on Tuesday, 23 July. In his absence, we welcome Fr Peter Ziegler, who will celebrate all Masses during this time.

**PETER'S PENCE COLLECTION**

**06/07 July**

This collection will be taken up at all Masses this weekend. Please find envelopes at the back of the church or EFT your donation to the Parish Bank account, ref: **Peter's Pence**. Thank you.

**SEAFARERS SUNDAY COLLECTION**

**13/14 July 2024**

Next weekend we acknowledge, pray for and support the People of the Sea worldwide, especially those in Cape Town. A second collection will be taken up at all Masses, in support of Apostleship of the Sea (AOS). This ministry to seafarers needs our generous support to continue its vital work. Envelopes available or EFT your donation to Parish acc, ref: **Seafarers**.

**Sagra 2024**  
**SAVE THE DATE**  
**Friday 22<sup>nd</sup> November**

**Tin Cans Needed** to use as planters for our big parish event (Sagra) on 22 Nov. Please drop off at the parish. Thank you!

**Living Faith – Delayed!**

The Catholic Bookshop apologise most sincerely for the delay in the arrival of the next issue of Living Faith. The suppliers and shippers have promised that it will arrive in the next two weeks.

*Our parish mission is to be a welcoming and evangelising Catholic community, striving, with the grace the Holy Spirit, to know, love and serve God more, as disciples of Jesus Christ.*