

ST MARY OF THE CROSS

(Year B) – 7th / 8th Aug 2021



ENTRANCE ANTIPHON:

Come, you blessed of my Father, says the Lord: I was sick, and you visited me. Amen, I say to you: whatever you did for one of the least of my brethren, you did it for me.

FIRST READING

1 Kings 17:8-16

A reading from the first book of Kings

The jar of meal shall not be spent .

And then the word of the Lord came to Elijah, 'Up and go to Zarephath, a Sidonian town, and stay there. I have ordered a widow there to give you food.' So he went off to Sidon. And when he reached the city gate, there was a widow gathering sticks; addressing her he said, 'Please bring a little water in a vessel for me to drink.' She was setting off to bring it when he called after her. 'Please' he said 'bring me a scrap of bread in your hand.' 'As the Lord your God lives,' she replied 'I have no baked bread, but only a handful of meal in a jar and a little oil in a jug; I am just gathering a stick or two to go and prepare this for myself and my son to eat, and then we shall die.' But Elijah said to her, 'Do not be afraid, go ahead and do as you have said; but first make a little scone of it for me and bring it to me, and then make some for yourself and your son. For thus the Lord speaks, the God of Israel:

"Jar of meal shall not be spent,
jug of oil shall not be emptied,
before the day when the Lord sends
rain on the face of the earth"

The woman went and did as Elijah told her and they ate the food, she, himself and her son. The jar of meal was not spent nor the jug of oil emptied, just as the Lord had foretold through Elijah.

The Word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM: Ps 63: 1-8

RESPONSE: My soul clings to you; your right hand holds me fast.

O God, you are my God, for you I long;
for you my soul is thirsting.

My body pines for you
like a dry, weary land without water.

So I gaze on you in the sanctuary
to see your strength and your glory. **RESPONSE.**

For your love is better than life,
my lips will speak your praise.

So I will bless you all my life,
in your name I will lift up my hands.

My soul shall be filled as with a banquet,
my mouth shall praise you with joy. **RESPONSE.**

On my bed I remember you.

On you I muse through the night
for you have been my help;
in the shadow of your wings I rejoice.

My soul clings to you;
You right hand holds me fast. **RESPONSE.**

SECOND READING: Col 3: 12-17.

A reading from the letter of St Paul to the Colossians
Bear with one another, forgive each other.

As the chosen of God, the holy people whom he loves,
you are to be clothed in heartfelt compassion,
in generosity and humility, gentleness and patience.

Bear with one another;
forgive each other if one of you has a complaint against another.

The Lord has forgiven you; now you must do the same.

Over all these clothes, put on love, the perfect bond.

And may the peace of Christ reign in your hearts,
because it is for this that you were called together in one body.

Always be thankful.

Let the Word of Christ, in all its richness,
find a home with you.

Teach each other, and advise each other, in all wisdom.
With gratitude in your hearts sing psalms and hymns inspired songs to God;
and whatever you say or do, let it be in the name of the Lord Jesus,
in thanksgiving to God the Father through him.

The Word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION: Matthew 27:55

Alleluia, alleluia!

Many women were there by the cross, watching from a distance,

The same women who had followed Jesus and looked after him.

Alleluia!

GOSPEL : Matthew 6:25-34

A reading from the holy Gospel according to Matthew.

Do not worry about your life.

I am telling you not to worry about your life and what you are to eat, nor about your body and how you are to clothe it. Surely life means more than food, and the body more than clothing! Look at the birds in the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are? Can any of you, for all his worrying, add one single cubit to his span of life? And why worry about clothing? Think of the flowers growing in the fields; they never have to work or spin; yet I assure you that not even Solomon in all his regalia was robed like one of these. Now if that is how God clothes the grass in the field which is there today and thrown into the furnace tomorrow, will he not much more look after you, you men of little faith? So do not worry; do not say, "What are we to eat? What are we to drink? How are we to be clothed?" It is the pagans who set their hearts on all these things. Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on his righteousness, and all these other things will be given you as well. So do not worry about tomorrow; tomorrow will take care of itself. Each day has enough trouble of its own.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

COMMUNION ANTIPHON:

This is how all will know that you are my disciples, if you have love for one another, says the Lord.