

.FIRST READING

Jeremiah 23:1:1-6

"Doom for the shepherds who allow the flock of my pasture to be destroyed and scattered - it is the Lord who speaks! This, therefore, is what the Lord, the God of Israel, says about the shepherds in charge of my people: You have let my flock be scattered and go wandering and have not taken care of them. Right, I will take care of you for your misdeeds - it is the Lord who speaks! But the remnant of my flock I myself will gather from all the countries where I have dispersed them, and will bring them back to their pastures: they shall be fruitful and increase in numbers. I will raise up shepherds to look after them and pasture them; no fear, no terror for them any more; not one shall be lost - it is the Lord who speaks! See, the days are coming it is the Lord who speaks - when I will raise a virtuous branch for David, who will reign as true king and be wise, practising honesty and integrity in the land. In his days Judah will be saved and Israel dwell in confidence. And this is the name he will be called: The Lord-our-integrity."

Responsorial Psalm **The Lord is my shepherd; there is nothing I shall want.**

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| <p>1. The Lord is my shepherd;<br/>there is nothing I shall want.<br/>Fresh and green are the pastures<br/>where he gives me repose.<br/>Near restful waters he leads me,<br/>to revive my drooping spirit.</p> | <p>2. He guides me along the right path;<br/>he is true to his name.<br/>If I should walk in the valley of darkness<br/>no evil would I fear.<br/>You are there with your crook and your staff<br/>with these you give me comfort</p> |
| <p>3. You have prepared a banquet for me.<br/>In the sight of my foes<br/>My head you have anointed with oil;<br/>my cup is overflowing.</p>  | <p>4. Surely goodness and kindness shall follow me<br/>all the days of my life.<br/>In the Lord's own house shall I dwell<br/>for ever and ever,</p>  |

SECOND READING

Ephesians 2:13-18

In Christ Jesus, you that used to be so far apart from us have been brought very close, by the blood of Christ. For he is the peace between us, and has made the two into one and broken down the barrier which used to keep them apart, actually destroying in his own person the hostility caused by the rules and decrees of the Law. This was to create one single New Man in himself out of the two of them and by restoring peace through the cross, to unite them both in a single Body and reconcile them with God. In his own person he killed the hostility. Later he came to bring the good news of peace, peace to you who were far away and peace to those who were near at hand. Through him, both of us have in the one Spirit our way to come to the Father.

**Alleluia, alleluia! The sheep that belong to me listen to my voice, says the Lord, I know them and they follow me. Alleluia!**

GOSPEL

Mark 6:30-34

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, "you must come away to some lonely place all by yourselves and rest for a while"; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

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# St Anthony of Padua



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Deacon (retired): Rev. Tom Butler

Sunday Masses: 6.00pm (Saturday Vigil), 9.30am.  
Weekday Mass: Mon-Wed, Fri: 9.15am. (Thurs 9.15am at Holy Family)  
Confessions: 5.30—5.50pm

Annexe: 725544 Social Centre: 735963 Primary school: 726621  
Playgroup/Preschool 07963 700591 Covenant Books: 07396 796969

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## *The world aches for the wisdom of a well-rested people.’ [3]*

Fr. Richard Rohr founded the Centre for Action and Contemplation in Albuquerque in 1987. When asked what was the most important word in the Centre’s name, he replied that it was the word ‘and’. He saw a deep need for the integration of both action and contemplation—the two are inseparable.

Today’s gospel illustrates this truth. ‘Mark describes the return of the disciples from their first ministry tour, their inauguration into apostleship. We see them on fire, bursting with thrilling stories of the healings, exorcisms and effective evangelistic campaigns they’ve pulled off on their own for the first time. They are wired, excited, ready. In their minds, what they need is their next project from Jesus, their next divine mission. In their minds, the crowds are waiting, and it’s time to go. Jesus’ response was to tell them to “Come away to some lonely place all by yourselves and rest for a while.” Where the disciples see energy, Jesus sees overstimulation. Where the disciples see a tightly packed schedule, Jesus sees a poor sense of balance and rhythm. Where the disciples see invincibility, Jesus sees need: the need to debrief and reflect; the need to eat, pray, play and sleep; the need to learn the art of solitude. He wants to make sure that they value being more than doing.’[1]

‘We know that Jesus cultivated a regular contemplative practice in his own life and ministry. He invites his apostles – and us – to adopt this practice of grounding ourselves in God, then living the day out of that grounding. He retreats, not to run away, but to prepare to re-engage and serve in a way that is whole and full, without burning out and losing ourselves in the process.’ [2] We call this time of rest Sabbath time, which doesn’t only refer to a single day of the week. ‘Sabbath rest is a way of being in time where we remember who we are, and we taste the gifts of spirit and eternity. Sabbath time is sacred time.’ [3] ‘Sabbath time prevents us from becoming too enamoured of our own abilities to perform wonders but deepens our awareness that God is the Source of all that we are able to do.’[4] In today’s gospel, the disciples’ Sabbath time was cut short because “the people saw them going and they all hurried to the place on foot and reached it before them.” Sabbath time is not chronological time. It is kairos time, deep time. ‘Sometimes a kairos moment in life can feed your soul, like fuel, for many months.’ [5] Our task is to find what takes us to that deep place of Sabbath rest.’[6]

Adapted:[1] Debie Thomas [2] Matthew Wright [3] Wayne Muller [4] Barbara Reid [5] Naomi Matlow [6] Jams Finley

**16th Week in Ordinary Time** Year B  
21st July 2024 Missal 885

# DIARY AND MASS INTENTIONS

## for the week beginning Saturday 20th July 2024

Sat 6.00pm	<i>St. Ant</i>	Anne Becconsall	
Sun 9.30am 11.00am	<i>St. Ant</i> <i>H.Family</i>	Margaret Stopyra For our parish	<b>16th Sunday in Ordinary Time</b> <b>Good Shepherd Sunday</b>
Mon 9.15am	<i>St. Ant</i>	Winnie Poland	<i>Feast: St. Mary Magdalen</i>
Tue 9.15am	<i>St. Ant</i>	In thanksgiving (BL),	<i>Feast: St. Bridget of Sweden</i>
Wed 9.15am	<i>St. Ant</i>	Bernard Ward	<i>Feast: Martyrs of Cumbria</i>
Thur 9.15am	<i>H.Family</i>	for our parish	<i>Feast: St. James</i>
Fri 9.15am	<i>St. Ant</i>	Teresa Gallagher	<i>Feast: Ss. Joachim &amp; Anne</i>
Sat 6.00pm	<i>St. Ant</i>	Margaret Fox	
Sun 9.30am 11.00am	<i>St. Ant</i> <i>H.Family</i>	Kevin O'Neill Margaret Johnson	<b>17th Sunday in Ordinary Time</b>

**Last Weekend:** Offertory: £595.39 Attendance: 248 (96 + 152).  
Thank you for your generosity.

**Masses received this week:** Kevin O'Neill, Margaret Johnson, Teresa Gallagher, Michael Calvey, Patrick Bradley, Francis O'Gara, In thanksgiving (BL), Bernard Ward, Special Intention (SA).

**Tea, Coffee, cake etc.** is served in the Padua Room after both weekend Masses.

### Covenant Books at Holy Family, Ingol

Please note the new phone number for Covenant Books at Holy Family Ingol: 07396 796969. The shop is open Thursday and Friday 10.00-4.00 and Saturday 10.00-12noon.

### PRAYER INTENTIONS

We pray for those who are sick, especially Jo Counsell, Bill Embery, Marie Morris, Angela Russell, Michael Connors, John Mulholland, Deacon Tom Butler, Karen Gunter;

We pray for those who have died recently: Fr. Harry Holden, Joseph O'Grady, Catherine Wignall;

and those whose anniversaries fall about this time: Harry Costar, Norah Matthews, Roy Anderton, Collette Rigby, Kathleen Warburton, Peter Meade, Eneas McNulty, Bernard Ward, Graham Irving, James Stott, Bridget Coulton, Brian Maguire, Patrick Mason, Joan Green, Raymond Price. May they rest in peace.

**Good Shepherd Fund**— Collection at Mass today.

### School holidays

Schools broke up on Friday. We thank all School staff and Governors for their work throughout the year and pray that they and all the children will enjoy a time of rest and adventure during the holidays.

### Lourdes pilgrimage

Our Diocesan pilgrimage goes to Lourdes this week, led by Bishop Paul. We pray for all the sick and the helpers—including the young volunteers from our parish. May it be a time of special grace for them.

### St. Walburge's spire

Another chance to climb the spire and have a guided tour of the church. The dates are 27th July, 3rd & 10th August, 2-5pm. Tickets are available online at <https://www.tickettailor.com/events/stwalburgesshrinechurch/1316985>

### St. Anthony's Pram Club

Meets in the Annexe every Tuesday 1.30 till 3pm term time. It is a toddler group for new mums and babes and pre-school children. It is an opportunity for new parents to meet other new parents, for social, chat and play and is a good introduction to other groups held within the Annexe, such as Play-group, Pre-school, Guides, Brownies, Rainbows, Scouts, Cubs, Beavers. Volunteers always welcome.

### Wednesday Evening Group

We are now showing Series 4 of *The Chosen* in the Padua Room, Wednesdays at 7.00pm. Each session lasts around one hour. All are welcome.

### New Lectionary

There will be a new translation of the Lectionary in use from Advent this year. All parishes have to move from the Jerusalem Bible translation (with psalms from the Grail) to the English Standard Version: Catholic Edition (ESV-CE) of the Bible and the Abbey Psalter.

### National Guild of St Stephen Altar Servers' Dinner, 6th Sept.

At the Liner Hotel, Lord Nelson Street, Liverpool, L3 5QB at 7.30pm. All altar servers and their families are encouraged to come to this meal (servers under the age of 18 must be accompanied by an adult). Altar Servers who are not members of the Guild of St Stephen are also most welcome and encouraged to attend. The principal guest of honour and key speaker will be Archbishop Malcom McMahon, of Liverpool, Vice President of the Catholic Bishops' Conference and Chair of the Catholic Education Service.

### Open Weekends @ Castlerigg this September

Castlerigg are having two weekends for adults and families. September 6-8th will be a 'quiet weekend' for adults hopefully providing a chance to get away from it all and enjoy Keswick and the Lakes. There will be Mass on site.