



Nineteenth Sunday Of The Year

An Angel Of Mercy

Introduction

For some people life at times becomes so full of failure and disappointment that they just do not want to live any more. It is comforting to know that even the saints knew such moments. In today's first reading we see the prophet Elijah experiencing such a moment. But God sends him help and he is able to continue. In our bleak moments do we trust in God's help?

First Reading (1 Kings 19: 4-8)

Elijah is a broken and dispirited man. But when he is at his lowest an angel gives him food and drink. Sustained by these he reaches the mountain of God.

Second Reading (Ephesians 4: 30- 5: 2)

St Paul urges the Ephesians to be kind and forgiving towards one another as God was towards them.

Gospel (John 6: 41-51)

Jesus is the new 'manna' from heaven. We must eat this food if we wish to have eternal life.

Prayer Of The Faithful

We are brothers and sisters of the Lord, journeying on the road of life- the road that leads to the Father's Kingdom. We pray for what we need so that we may reach our destination.

R: Lord, hear us in your love.

For all the followers of Jesus: that they may always believe that he is with them at every step of their journey. We pray in faith.

R: Lord, hear us in your love.



Liturgy Cycle B

For all God's children: that amid all the distractions of life they may never forget the meaning of it all. We pray in faith.

R: Lord, hear us in your love.

For those who right now are going through a difficult period: that the Lord will support them carry on. We pray in faith.

R: Lord, hear us in your love.

That we may be grateful for the angels of mercy who care for us when we are in distress; that we may care for others in their need. We pray in faith.

R: Lord, hear us in your love.

Communion Reflection

Like a fruit tree we all know our seasons.

In spring the tree is full of buds and blossoms.

So at times our lives are full of hope and promise.

In summer the tree is full of leaves.

Our lives at times are like that.

They are full of joy and contentment.

In autumn the tree becomes a feast of colour
and is full of ripe fruit.

At times our lives are like that-
full of meaning and achievement.

But in winter the tree is stripped bare.

So winter can hit our lives.

We are in the grip of a pain and depression
that robs us of everything, even of the will to live.

It is on that day we need the visit
of an angel such as Mr. Benson.

However, if in the height of my summer

I failed to see my neighbour's winter,

what right I have I to expect such an angel?

The marvelous thing about Mr. Benson was this:

in the midst of his own winter

he created spring for another person.