



Liturgy Cycle C

# **All Saints Day, 1<sup>st</sup> November**

## **Becoming Real**

### **Introduction**

Today we honour in a special way the 'little' saints, that is, those who will never be officially canonized. Let us reflect for a moment to see if we have known one such person. If so, ask yourself what was it about them that impressed you?

### **First Reading (Rev 7: 2-4, 9-14)**

Here we are given a vision of the victorious followers of Christ rejoicing in his presence in the heavenly kingdom. They come from every nation, and race, and tribe, and language.

### **Second Reading (1 John 3: 1-3)**

St John tells us that in heaven we will see God as he is. However, if we want to attain to this vision we must try to live like Christ.

### **Gospel (Matthew 5: 1-12)**

Here Jesus stresses the qualities he wishes to see in his disciples, qualities we see exemplified in the lives of the saints.

### **Prayer Of The Faithful**

Let us pray that, inspired by the example of the saints, and helped on by their prayers, we may seek holiness of life with noble and generous hearts.  
R: Lord, hear us in your love.

For all the People of God: that they may learn what is pleasing to God and undertake to do it with all their strength. We pray in faith.

R: Lord, hear us in your love.

For all holders of authority: that they may be gentle and fair in the exercise of that authority. We pray in faith.

R: Lord, hear us in your love.

For Christians who suffer for their faith, and for all who suffer in the cause of right and truth: that the Lord may sustain them in their efforts to live the beatitudes. We pray in faith.

R: Lord, hear us in your love.



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**That we may see holiness of life as a call to live up to our dignity as children of God and followers of Christ. We pray in faith.**

**R: Lord, hear us in your love.**

### **Communion Reflection**

**How many times I have felt myself glow  
when others recognized or praised me.  
And how many times I have been plunged into gloom  
when others ignored or criticized me.  
Acclaim affects me like a wedding feast.  
Criticism affects me like bereavement.**

**But there are some, who have steady flame,  
shining from deep inside them.  
This is not extinguished when others ignore them,  
for it is not dependent on what other think of them;  
it is what they think of themselves with a quiet certainty.**

**We all have two potentialities within us-  
to behave like a swine or a saint.  
But we help people more by giving them a favourable image of themselves  
than by constantly harping on their faults.  
Each individual normally strives to be true to his best image.**

**The saints hold up a mirror before us.  
In this mirror we get a most favourable image of ourselves.  
We see what we are capable of.  
All we need is the will to imitate them.**