



ENTRANCE ANTIPHON

See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

PENITENTIAL ACT

You were sent to heal the contrite of heart: Lord, have mercy. **Lord, have mercy.**

You came to call sinners: Christ, have mercy. **Christ, have mercy.**

You are seated at the right hand of the Father to intercede for us: Lord, have mercy. **Lord, have mercy.**

May almighty God have mercy on us....Amen.



THE GLORIA

Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

OPENING PRAYER

Show favour, O Lord, to your servants and mercifully increase the gifts of your grace, that, made fervent in hope, faith and charity, they may be ever watchful in keeping your commands. Through our Lord Jesus Christ,.....

LITURGY OF THE WORD

FIRST READING Genesis 18:1-10

A reading from the book of Genesis

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. 'My lord,' he said, 'I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant's direction.' They replied, 'Do as you say.'

Abraham hastened to the tent to find Sarah. 'Hurry,' he said, 'knead three bushels of flour and make loaves.' Then running to the cattle Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it. Then taking cream, milk and

the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree. 'Where is your wife Sarah?' they asked him.

'She is in the tent,' he replied. Then his guest said, 'I shall visit you again next year without fail, and your wife will then have a son.'

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM Ps. 14:2-5

R. The just will live in the presence of the Lord.

1. Lord, who shall dwell on your holy mountain? He who walks without fault; he who acts with justice and speaks the truth from his heart; he who does not slander with his tongue. **(R)**

2. He who does no wrong to his brother, who casts no slur on his neighbour, who holds the godless in disdain, but honours those who fear the Lord. **(R)**

3. He who keeps his pledge, come what may; who takes no interest on a loan and accepts no bribes against the innocent. Such a man will stand firm for ever. **(R)**

SECOND READING Colossians 1: 24 - 28

A reading from the letter of St. Paul to the Colossians. It makes me happy to suffer for you, as I am suffering now, and in my own body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church. I became the servant of the Church when God made me responsible for delivering God's message to you, the message which was a mystery hidden for generations and centuries and has now been revealed to his saints. It was God's purpose to reveal it to them and to show all the rich glory of this mystery to pagans. The mystery is Christ among you, your hope of glory: this is the Christ we proclaim, this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.

The word of the Lord. Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia! Open our heart, O Lord, to accept the words of your Son. Alleluia!

GOSPEL Luke 10.38 - 42

A reading from the holy Gospel according to Luke.

Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha was distracted with all the serving said, 'Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.' But the Lord answered: 'Martha, Martha,' he said, 'you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.'

The Gospel of the Lord. Praise to you Lord Jesus Christ.

NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven,

All bow for following three lines: and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

LITURGY OF THE EUCHARIST

PRAYER OVER THE OFFERINGS

O God, who in the one perfect sacrifice brought to completion varied offerings of the law, accept, we pray, this sacrifice from your faithful servants and make it holy, as you blessed the gifts of Abel, so that what each has offered to the honour of your majesty may benefit the salvation of all. Through Christ our Lord.

AFTER THE CONSECRATION

The mystery of faith. We proclaim your Death, O Lord, and profess your Resurrection until you come again.

To pray, to listen to Christ, to have time for friendship and for love, to care for justice - all these are "the better part" which our busy world sometimes puts into very secondary places. Not so the gospel.



Today's Gospel is a Gospel of contrasts, contrasting two ways of knowing and serving the Lord - contemplative and active. Both ways help nourish and sustain our faith. The better food is to listen to the word of God, but it is not the only part.

A principal part of Christian life is listening to the word of God. That's where we learn to find God amid the pots and pans where most of us spend our lives. Someone said - my children have left home, now I can serve the Lord! If she had listened to the Word, she would have known that in loving her children she served God! The word of God - what you do for others you do for me - would have taught her that loving the family was her service of God!

LISTEN IN PEACE

Listen in peace - Martha was warned about fretting and worrying - the quality of her cooking was not in question! The better part is to listen, so that we can work in service of others with love. Love grows at the feet of the Lord as well as in our human loves.

Otherwise, our service can be grudging. We think - Why should I do it all? Or self-serving - look how lovely my tea is! Or fussy - go on, go on, go on, have another cup. Prayer teaches us to serve others with love.

Jesus reveals himself everywhere and in everyone. By spending time in prayer with him we prepare ourselves to hear his call. We must learn his language and how to listen. If we spend time at his feet, we will recognise him in other places.

So, the mother in question - she had served God all her life, but she did not know it. If you give time to the other part - listening in prayer, then you will find the better part in service too.

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