

## Sixteenth Sunday of the Year B



For in you we live and move and have our being,  
and while in this body  
we not only experience the daily effects of your care,  
but even now possess the pledge of life eternal.  
For, having received the first fruits of the Spirit,  
through whom you raised up Jesus from the dead,  
we hope for an everlasting share in the Paschal Mystery.  
And so, with all the Angels, we praise you,  
as in joyful celebration we acclaim:

**Holy, holy, holy Lord, God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

The mystery of faith: **When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.**

*Communion Antiphon:* **The Lord, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.** *Ps110:4-5*

REFLECTION: Sheep without a shepherd.  
Lord, look upon us and take pity on us,  
for at times we too are like sheep.  
Save us from a blind following of the herd.  
Help us to listen to your voice, to trust you and to follow you,  
even if it means leaving the crowd and walking a lonely path.  
Lead us from fear to trust, from error to truth, from hate to love,  
from war to peace, from despair to hope, and from death to life. Amen.

### *Prayer after Communion:*

Graciously be present to your people, we pray, O Lord, and lead those you have imbued with heavenly mysteries to pass from former ways to newness of life. Through Christ our Lord. **Amen.**

### *Final Blessing:*

The Lord be with you **And with your spirit.**  
May almighty God bless you,  
the Father, the Son, and the Holy Spirit. **Amen.**  
Go forth, the Mass is ended. **Thanks be to God.**

*Prayer:* Shepherd of my soul, help in my times of distress, I turn to you. You are the one who can do all things in me, with me and through me. You are my inspirer, the breather whose breath I inhale for vitality and exhale to give life to others. Give me the patience and mercy that will keep me from scattering your people instead of gathering them. For this, I pray, believing that my desires are also your wishes for me. Amen.

*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.** *Ps 53:6,8*

Every page of the Gospel shows that Jesus cared about people. He cares about us too. He makes us into one people, the people of God, the community of his disciples. Therefore, let us approach him in a spirit of trust and love.

Lord you are our shepherd, granting us all we need. Lord, have mercy.  
You are with us in the valley of our darkness. Christ, have mercy.  
You call us to dwell in your own house for ever. Lord, have mercy.

**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.**

Let us pray:

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, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

### FIRST READING

A reading from the prophet Jeremiah. Jeremiah 23:1-6  
'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.'

The word of the Lord.

**Thanks be to God.**

RESPONSORIAL PSALM

Psalm 22

**Response: The Lord is my shepherd;  
there is nothing I shall want.**

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

Fresh and green are the pastures  
where he gives me repose.

Near restful waters he leads me,  
to revive my drooping spirit.

**Response**

He guides me along the right path;  
he is true to his name.

If I should walk in the valley of darkness  
no evil would I fear.

You are there with your crook and your staff;  
with these you give me comfort.

**Response**

You have prepared a banquet for me  
in the sight of my foes.

My head you have anointed with oil;  
my cup is overflowing.

**Response**

Surely goodness and kindness shall follow me  
all the days of my life.

In the Lord's own house shall I dwell  
for ever and ever.

**Response**

SECOND READING

A reading from St Paul's Letter to the Ephesians.

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.

The word of the Lord.

**Thanks be to God.**

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

GOSPEL

Mark 6:30-34

The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to Mark.

**Glorify to you, Lord.**

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.

The Gospel of the Lord.

**Praise to you Lord Jesus Christ.**

*The Apostles' Creed*

**I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.**

*Offertory:*

Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

**May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and the good of all his holy Church.**

*Prayer over the Offering:*

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. **Amen.**

*Preface:*

The Lord be with you.

**And with your spirit.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is right and just.**

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
Lord, holy Father, almighty and eternal God.